



OFFICE of the  
STATE COMPTROLLER



## LiveHealth Online

As a State of Connecticut partnership plan member, you and your dependents can visit with a board-certified psychiatrist using a smart phone or computer webcam from the comfort of your own home.

A typical visit with a psychiatrist using **LiveHealth® Online Psychiatry** is about 45 minutes. Appointments are available during the day, on evenings and weekends.

To schedule over the phone call 1-888-548-3432 from 8 a.m. to 8 p.m. or go online by clicking here: [LiveHealth Online Psychiatry](#) to learn more.

The copay is \$5 per visit.

 Visit Care Compass

 follow on facebook

As the pandemic drags on, one in three Americans report feeling anxious or depressed.

***You can get help.***

### Symptoms of depression can include:

- Trouble concentrating on typical tasks
- Struggling to face your daily routine
- Angry outbursts, irritability or easily getting frustrated
- Sleeping too much or not at all
- A sudden change in appetite
- Experiencing constant sadness
- Anxiousness
- Feelings of hopelessness

**Suicide Prevention Help:** Call toll-free (800-273-8255) or join an [online chat](#)

**Domestic Violence Help:** Call toll-free (800-799-7233) for confidential assistance.