TELEMYND aetna™

Strong Minds Serve Stronger

Your Service Matters, So Does Your Mental Health



If you serve your community, you carry a lot—and that can take a toll on your mental well-being. At Telemynd, we make it easy to get the care you deserve with personalized, flexible support that fits your life and your schedule.

Care Designed for You

You give a lot to others. Finding the right support for yourself shouldn't be a struggle. At Telemynd, we match you with a provider who understands the realities of your work—someone trained to recognize the stress, pressure, and emotional toll that often comes with serving others. Our network is built with your experiences in mind, offering personalized and compassionate care that truly fits.

Easy to Access, Built for Real Life

No matter where you live or how busy your schedule is, you deserve high-quality mental health care. Telemynd combines in-network affordability with virtual convenience, so you don't have to travel, call around, or deal with complicated sign-ups. Just the right care, at the right time.

Support from People Who Understand Service

Public service comes with unique pressures. That's why our providers receive specialized training to understand the mental load you carry. We're here to offer care that's as committed as you are, helping you feel seen, supported, and strong both on and off the job.

3,000+
Licensed Providers Nationwide

81%
Users Show Clinical Improvement

96%
Of Users Would Recommend

87%
Treatment Satisfaction Rate

1
Day Availability

Who We Serve

We serve all under Aetna including:



Educators



First Responders



Military Community



Government Workers



Child and Adolescents 5+

TELEMYND aetna

Better Matches
Better Outcomes

Meaningful Connections Start Here



We believe better connections lead to better outcomes. With Telemynd, you'll get more than a therapist or psychiatrist, you'll get someone who understands your world and can help you navigate it.

Why Public Service Workers Choose Telemynd

When you choose Telemynd, you're not just choosing a mental health provider, you're choosing a trusted partner with a deep commitment to serving those who serve.

Specialized Providers

Trained to work with teachers, firefighters, police officers, government workers, military families, and more.

Personalized Matching

We connect you with someone who understands your needs and background.

Flexible Virtual Appointments

Our virtual care model makes it easier to fit appointments into busy or unpredictable schedules, so you can get support without putting your day on hold.

Ongoing Support, When You Need It

From talk therapy to intensive support programs, whether you're facing burnout or a bigger mental health challenge, we're here at every step

No Hidden Fees

In-network arrangements with predictable costs, eliminating financial surprises.

Taking care of others starts with taking care of yourself. Start prioritizing your mental health at www.telemynd.com

Getting Started

1. Scan the QR Code

Scan the QR Code or call 866-991-2103 to get started.

2. Fill Out the Webform

Fill out the brief webform to get matched with a licensed provider.

3. Get Matched in a Day

Get matched and schedule your first appointment with your provider.