powered by

Teladoc HEALTH | Gallagher

Mental Health Services

Expert advice and guidance to support your emotional wellbeing.



Mental Health Helpline

Unlimited 24/7 in the moment support
Call: 0208 068 2285

Structured Therapy+

Requires intake assessment
Access via App ++

Parent & Child Mental Health Assessment

Clinical assessments for children up to 18

Digital Wellbeing App

Access to a digital library of content and self-help materials
Access via App++

Get Started with Care on Demand.

Scan the QR code & enter access code WMPF2024

*Please note:
Care on demand supports mild to moderate mental health concerns. If your needs are more complex, you will be signposted to a more suitable service for ongoing care.

+Up to 8 sessions will be provided dependent on clinical sutability
++Care on Demand app