

Care For Your Mind, Just as Much as Your Body

Not feeling like yourself? If you've been struggling with stress, consistent low mood, or having trouble sleeping, get connected to mental health experts and resources through Galileo's therapy and coaching program.

HOW WE CAN HELP



1:1 therapy and coaching

Meet with a therapist or coach regularly over video.



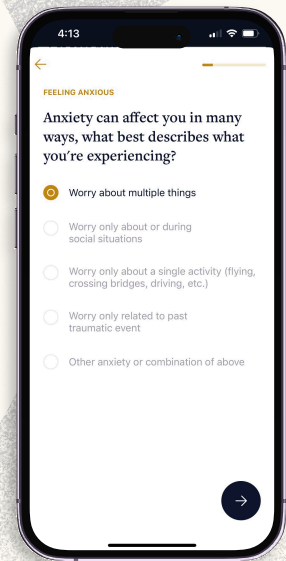
Self-guided cognitive behavioral therapy (CBT) program

Learn skills and techniques to boost your mental wellbeing.



In-network referrals

We can refer you to behavioral health providers and resources within your community or existing benefits coverage.



How to get started

1. From the home screen, tap **Get care for a new issue**
2. Type in your symptoms ("Feeling Down") or a specific condition ("Anxiety") and complete a short questionnaire
3. A Galileo provider will review your intake and start your care in the app

Create your Galileo account today

Use access code:
perdue2025



Need help?



(855) 286-4021



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