

# Louisiana Department of Education Virtual Therapy through Ochsner Anywhere Care

We are excited to announce new virtual therapy services available to our Birth - Grade 12 employees, including up to four free mental health virtual visits through Ochsner Anywhere Care using coupon code TEACH.

**Ochsner Anywhere Care** is a secure virtual visit tool offering appointments with licensed psychologists or therapists through your smartphone, tablet or personal computer—so you can get care where and when you need it!

Schedule an appointment with the provider of your choice. Convenient virtual therapy appointments are available Monday - Friday until 8 p.m., with additional appointment times on Saturdays.

## What can we treat?

- Addiction
- Adolescent Counseling
- Anxiety and Panic Attacks
- Attention Deficit Disorder (ADD/ADHD)
- Depression and Mood Disorders
- Eating Disorders
- Grief and Loss Counseling
- Insomnia
- Marriage and Family Counseling
- Postpartum Depression
- Post-traumatic Stress Disorder (PTSD)
- Work-related Stress

Sign up at [ldoe.ochsneranywherecare.com](https://ldoe.ochsneranywherecare.com) and enter Service Key LDOE  
First four visits free using coupon code TEACH

Questions? Email [anywherecare@ochsner.org](mailto:anywherecare@ochsner.org)  
For 24/7 technical support, call 855-667-9711

