Virtual care from anywhere.

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1. Visit **timelycare.com/FHDA** or download the TimelyCare app.

2. Click "Sign In."

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4. Follow the prompts to start your first visit.

IT'S FOR FHDA STUDENTS.
FOR FREE.

TALKNOW
Get 24/7, on-demand mental health support.

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Access licensed counselors in your state.

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Get connected to low or reduced-cost community resources.