



# Getting Started



Talkspace is your digital space for private and convenient mental health support. With Talkspace, you can receive counseling, therapy, and medication services from the convenience of your device (iOS, Android, and Web).

All care is led by a behavioral health clinician or medical professional. Talkspace's network features thousands of licensed, insured, and verified therapists and specialized prescribers who can support a variety of needs—including, but not limited to:

- ✓ Stress
- ✓ Anxiety
- ✓ Depression
- ✓ Eating disorders
- ✓ Substance use
- ✓ Sleep
- ✓ Identity struggles
- ✓ Chronic issues
- ✓ Trauma & grief
- ✓ Relationships
- ✓ Healthy living
- ✓ And more

## Counseling and therapy

Find an available therapist in minutes and send private messages (text, voice, and video) the same day you register for support. Talkspace therapists engage with members daily—5 days per week. Video appointments take place within days.

\*Appointment scheduling is based on your availability and preferences

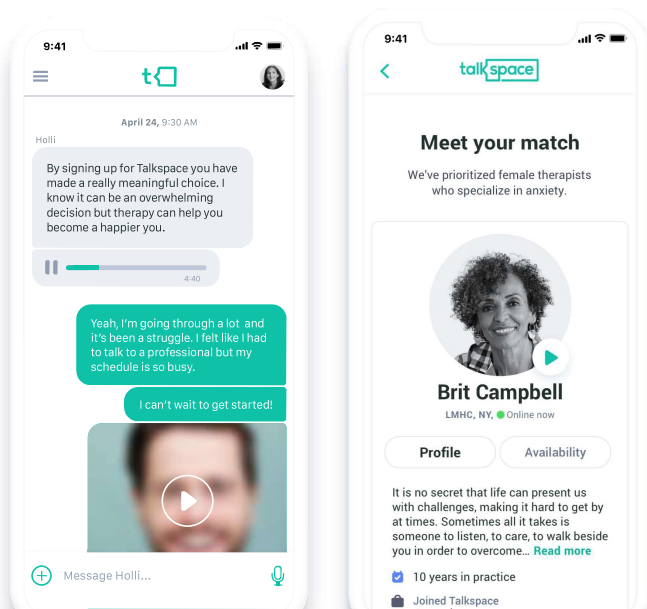
## Medication evaluation and management

Find an available psychiatric prescriber in minutes. With Talkspace Psychiatry, you can schedule video appointment with an in-state, licensed provider who specializes in psychiatric evaluation. You'll meet virtually within days of booking (messaging sessions are not available).

## Additional services

All members have access to Talkspace education and self-help tools to complement your mental health journey. Designed by clinical experts, exercises are interactive, therapeutic, and easy to use.

**Meditation • Journaling • Reflections • Positive Thinking**



## Ready to get started

- Register at [talkspace.com/partnerinsurance](https://talkspace.com/partnerinsurance)
- Complete our QuickMatch™ provider finder tool
- Review your best matches and choose your personal provider
- Schedule a complimentary 10-minute introductory session or message right away

## Questions?

Contact [partners-support@talkspace.com](mailto:partners-support@talkspace.com) or visit your benefit FAQ page.