Talkspace

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:

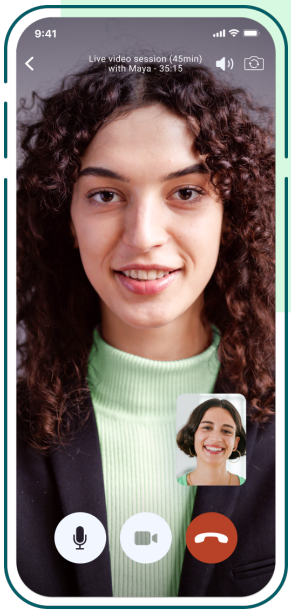
- STRESS
- ANXIETY
- DEPRESSION
- RELATIONSHIPS
- HEALTHY LIVING
- SLEEP
- TRAUMA & GRIEF
- EATING DISORDERS
- SUBSTANCE USE
- IDENTITY STRUGGLES
- CHRONIC ISSUES
- AND MORE

Therapy (13+)

On average, members can begin communications within days of matching with a licensed provider. Therapists typically engage daily during their business hours. Live sessions can take place within days of scheduling.*

Psychiatry (18+)

Find an available psychiatric prescriber in minutes. With Talkspace Psychiatry, you can schedule video appointments with an in-state, licensed provider who specializes in psychiatric evaluation. You'll meet virtually over live video within two weeks of booking (on average).



*Appointment scheduling is based on availability and preferences

Ready to get started?

- Visit **talkspace.com/covered**
- Complete our QuickMatch provider finder tool to review your best match
- Begin messaging in your private digital care room, or schedule a live session

Questions? Connect with our help center or visit your benefit FAQ page