With Talkspace online therapy, you can regularly communicate with a therapist, safely and securely from your phone or desktop. Make progress. No office visit required.

**Here’s how Talkspace can fit your life:** With Talkspace, you can message a licensed therapist, 24/7.*

- Find a therapist with an online matching tool.
- Start therapy within hours of choosing your therapist.
- Therapists respond daily, five days a week.
- Schedule live video sessions, when needed.
- Download the Talkspace app on your mobile phone or desktop computer.

Talkspace is your space. To use in your time. It’s private, confidential and convenient. And it’s covered under your plan’s behavioral health benefits.**

**Talkspace is convenient, safe and secure.**

Simply register (first visit only) and choose a provider at talkspace.com/connect. Then message any time, anywhere.***

*Data rates may apply.
**Copayment may apply and will be charged weekly via credit card. You may use Talkspace as often as desired per week once copayment for that week has been paid.
***Therapists respond to messages daily, five days a week.

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