



Getting started with therapy



Welcome to Talkspace

Talkspace is a digital space for private and convenient mental health support. With Talkspace, you are matched with a recommended, licensed provider based on your preferences, and can receive support day and night from the convenience of your device (iOS, Android, and Web).

How it works

Within days of completing registration, you can begin to exchange unlimited asynchronous messages (text, voice, and video) with your dedicated therapist. Live sessions can also be scheduled, depending on your plan. Therapists are encouraged to engage daily, five days per week, which often includes weekends.

You will continue to work with the same therapist throughout your journey. However, you're always welcome to switch providers so you can find the perfect fit. Talkspace's clinical network features thousands of licensed, insured, and verified clinical professionals with specialties ranging from behavioral to emotional and wellness needs, including:

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

Talkspace can work for you. In a [study](#) of 10,000 member participants, 70% experienced significant symptom improvement and 50% fully recovered after 12 weeks of regular engagement with their Talkspace therapist.

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

To access counseling through Talkspace at no cost for your available EAP session¹ per issue during the year, you'll need an EAP Code. Simply call or go to your EAP Coverage Page for live chat or self service.

La aplicación Talkspace no se encuentra disponible actualmente en español. Si necesita ayuda para encontrar un proveedor bilingüe, envíe un correo electrónico a cigna-support@talkspace.com.

1. Three sessions per issue per year. Some restrictions apply; please check with your employer to confirm services included in your plan.