Support when you need it — no appointment necessary

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 connect with a licensed therapist through chat or video.

- Find a therapist with an online matching tool
- Start therapy within hours of choosing your therapist
- Choose real-time face-to-face video visits by appointment, when needed
- You can also access Talkspace Psychiatry to schedule live video sessions with a psychiatrist trained in mental health care and prescription management for a tailored treatment plan
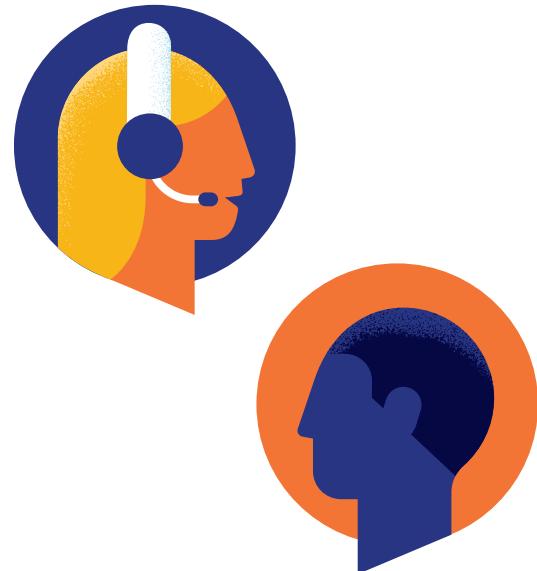
Talkspace is convenient, safe and secure

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

After you register, download the Talkspace app on your mobile phone. Talkspace is supported by Chrome, Firefox, Safari and Edge browsers on your desktop computer.

Talkspace is your space — to use in your time. It's covered under your plan's behavioral health benefits.**

Talkspace