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.
- Message your therapist whenever — no appointments necessary.
- Get messages back throughout the day, five days a week.
- Choose real-time face-to-face video visits by appointment, when needed.

**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 or 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.**

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*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.

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