GW benefits-eligible employees and their eligible dependents (13 years and up) can sign up for Talkspace through GW’s EAP provider, Resources for Living at no cost.

When you register for Talkspace through the Resources for Living website, you immediately enroll in a five-week session at no cost for text therapy with Talkspace. **Please note:** *We recommend you do not register until you are actively seeking to engage with a therapist on the Talkspace platform.*

**Before You Begin:**

You must first register for Talkspace through the Resources for Living website (this is the website that powers GW’s EAP). After registering on Resources for Living, you can then download the Talkspace app and log in with credentials created on the Resources for Living site.

**Former/Current Talkspace users:** If you have/had a Talkspace account, it is recommended that you register through Resources for Living with a different email. This will ensure the text-therapy session is available at no cost through the Resources For Living website. For questions please email [RFL-support@talkspace.com](mailto:RFL-support@talkspace.com).

There are two ways to access the Resources For Living website:

1) Via [my.gwu.edu](http://my.gwu.edu)
2) Via [resourcesforliving.com](http://resourcesforliving.com)

**Instructions for my.gwu.edu:**

- Visit my.gwu.edu and select **sign in** in the upper left hand corner.
After signing in to my.gwu.edu, navigate to the **Working** section, and select **Employee Assistance Program (EAP) – formerly Wellbeing Hotline**.

Instructions for ResourcesForLiving.com

- Visit [resourcesforliving.com](http://resourcesforliving.com)
- Log in with:
  - Username: GW-Wellbeing
  - Password: Yourlife
- Click **Services** in the horizontal menu bar
• In the drop down menu on the left side of the screen, select **Talkspace Online Therapy**.

- ![Talkspace Online Therapy dropdown menu](image1)

• At the bottom of the Talkspace Online Therapy, select **Sign Up For Talkspace**.

- ![Talkspace Sign Up link](image2)
• You will see the **Welcome to Talkspace** landing page. Select **Get Started**.

• Enter your information and **select next**: 

```
To begin, we need some basic information...

First name
First name

Last name
Last name

Date of birth
mm/dd/yyyy

Phone number

Home address
Search Places ...

Unit/Apartment Number

City
City

State
Zip code

Country
```
• Enter email (you can use a personal email address or GWU email) employer (use: GWU) and “How did you hear about us?” Info:

![Enter email](image)

• You will then be prompted to select “Let’s Start”

![Welcome to Talkspace QuickMatch](image)

Welcome to Talkspace QuickMatch™

In the next 90 seconds you’ll learn everything you need to know about how Talkspace works and get matched with a provider that can help you.

LET’S START!
• Indicate why you are seeking a provider:

To begin, please select why you thought about getting help from a provider

- I'm feeling anxious or panicky
- I'm having difficulty in my relationship
- A traumatic experience [past or present]
- I've been having trouble sleeping
- I'm navigating addiction or difficulty with substance abuse
- I'm feeling down or depressed
- I'm dealing with stress at work or school
- Something else

Finding the right match...
We'll match you with a dedicated provider who will meet your specific needs. Feeling comfortable and confident right from the beginning is important.

• You will be reminded about the platform specifics; select “Got it!”

There are two important things to know about how Talkspace works

You can send your provider text, audio and video messages whenever you want.

Your provider is available to engage daily, 5 days a week.

GOT IT!
• Indicate your preferred gender for a therapist:

Would you prefer a provider that is...

<table>
<thead>
<tr>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
</tr>
<tr>
<td>I'm not sure yet</td>
</tr>
</tbody>
</table>

• Indicate if you’ve seen a provider before:

Have you been to a provider before?

| Yes | No |

• Indicate your sleeping habits.

How would you rate your sleeping habits?

<table>
<thead>
<tr>
<th>Excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good</td>
</tr>
<tr>
<td>Fair</td>
</tr>
<tr>
<td>Poor</td>
</tr>
</tbody>
</table>

• Rate your physical health:

How would you rate your current physical health?

<table>
<thead>
<tr>
<th>Excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good</td>
</tr>
<tr>
<td>Fair</td>
</tr>
<tr>
<td>Poor</td>
</tr>
</tbody>
</table>
• Indicate your gender or skip the question:

![Gender selection](image)

• Indicate state of residence:

![State selection](image)

• Talkspace will start selecting open therapists:

![Profile calculation](image)
You will see a list of available therapists to choose; click Select under the therapist that seems like a good match. Remember you can switch providers at anytime.

The therapist you select will appear:

You've selected Regina!

Regina is ready to help you on your journey towards feeling better.

Continue with Regina

What happens if I change my mind?
You can switch providers any time at the tap of a button! It's common to try a few providers before finding the right fit.
• Schedule a complimentary video call with your selected therapist; you may also select Schedule later if times shown are not convenient:

• Create your personal Talkspace credentials – you can use your personal or work email; these will be used to log in to the app and Talkspace website:
• Return to the inbox of the email used to register; select Verify Email:

![Verify Email](image)

• A separate browser window will pop up asking for informed consent:

![Informed Consent](image)

• Congratulations! You can begin texting with your therapist. Depending on your state of residence, you may have additional forms, such as an intake form to complete. You can send messages from your web browser, or download the Talkspace app and log in with the credentials created in these steps.
Congratulations on starting your journey!

Your provider Regina Rivera will be joining you soon. Before getting started your provider needs to learn more about your mental and physical health. To do so, take a moment to complete the intake provided.

Treatment Intake
2:49 PM

Talkspace
In order to begin treatment, please provide your informed consent which will allow you to receive treatment from your provider.

Informed Consent
3:15 PM

Talkspace
Assessments are questionnaires that screen for symptoms of mental health conditions and provide a scientific way to understand your current experience. You'll take an assessment every 3 weeks so you can track your progress and discuss changes with your provider.

Start assessment
3:47 PM