



made available through
Resources for Living®

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.

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

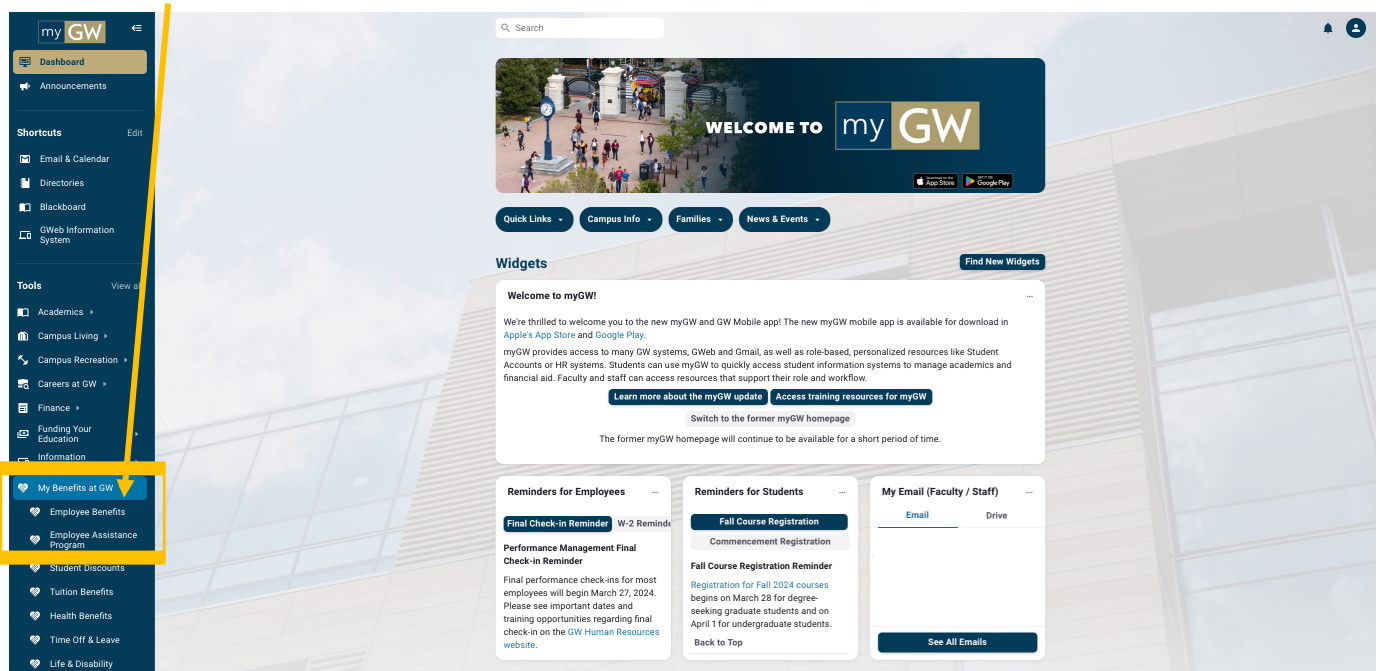
- 1) Via [myGW](#)
- 2) Via resourcesforliving.com

Instructions for myGW:

- Visit myGW. In the upper right hand corner, select **log in**.

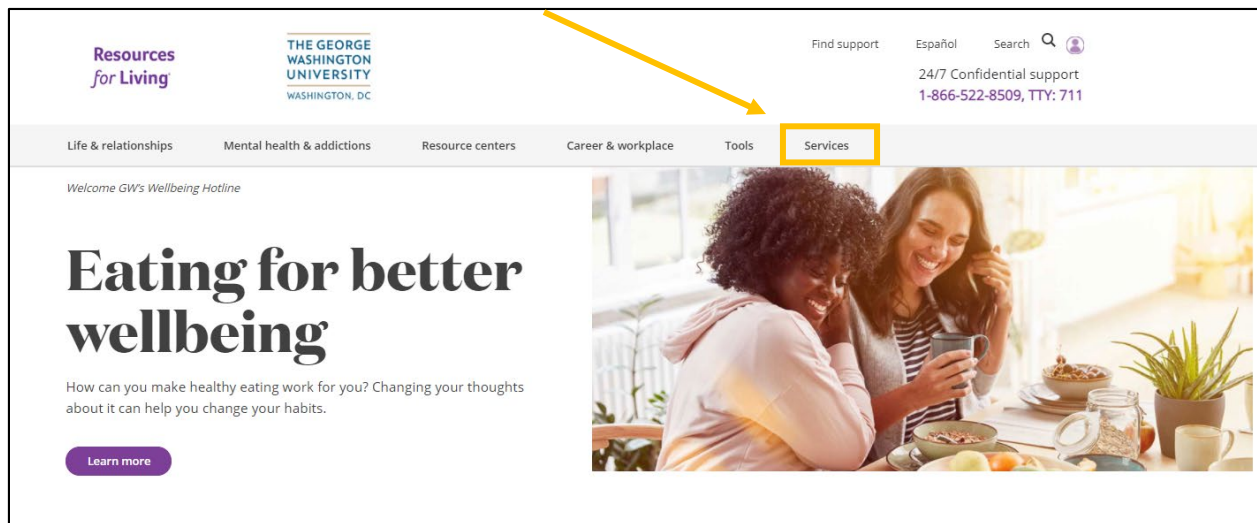


- After signing in to myGW, navigate to the **My Benefits at GW** section, and select **Employee Assistance Program (EAP)**:

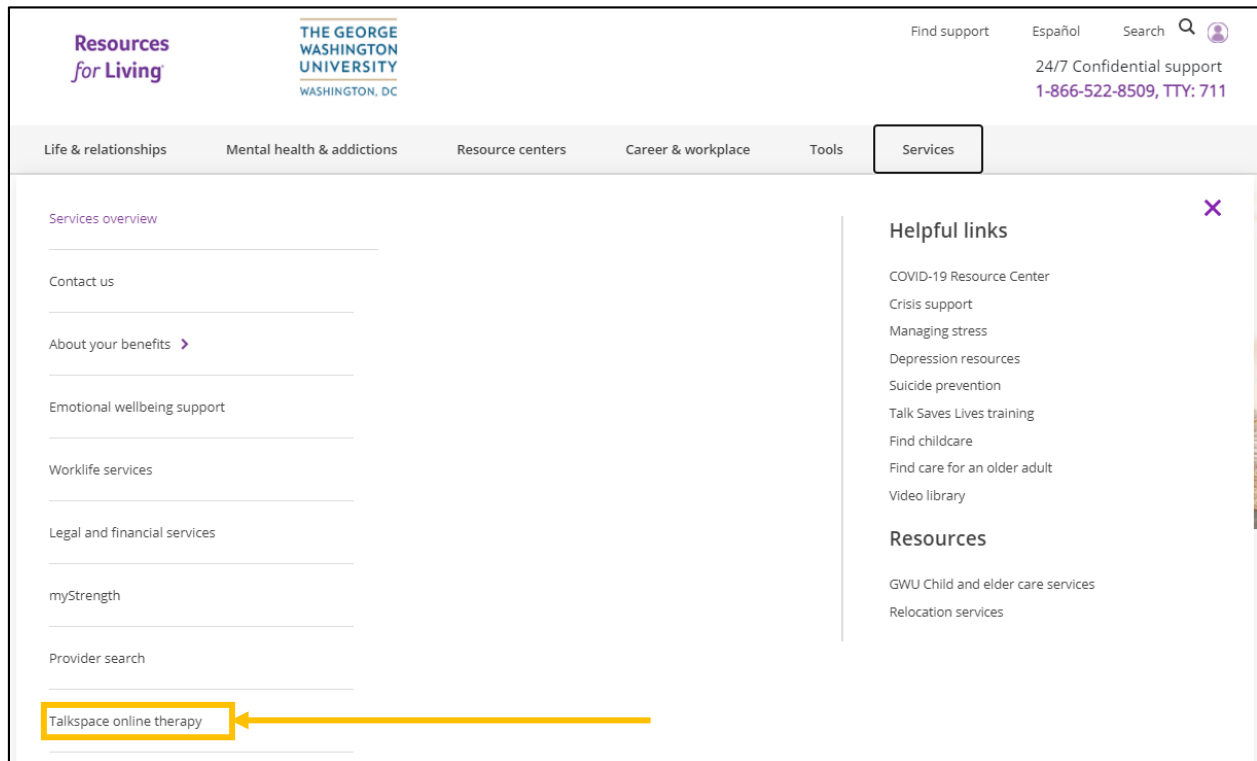


Instructions for ResourcesForLiving.com

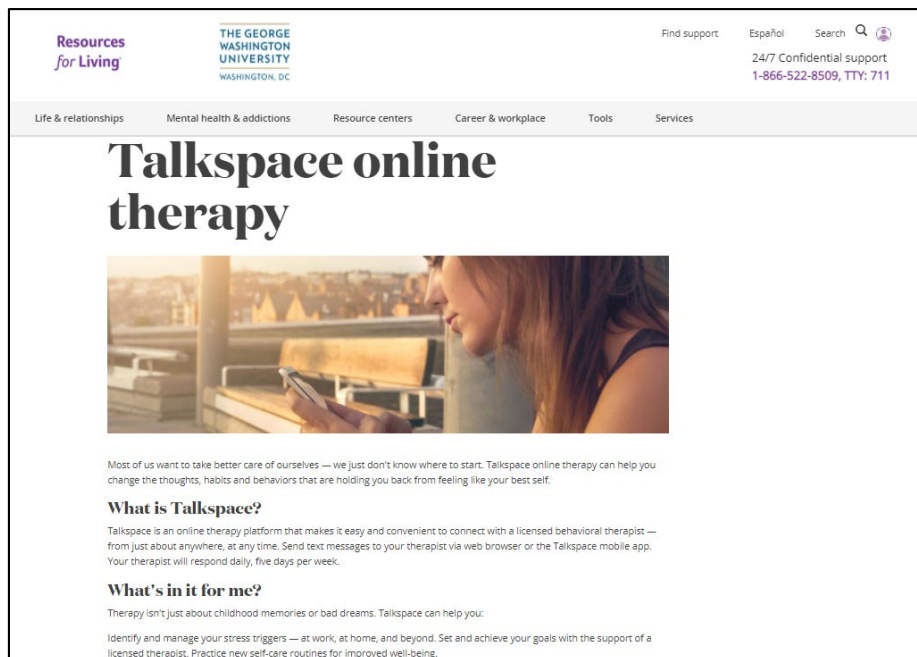
- Visit resourcesforliving.com
- Log in with:
 - Username: GW-Wellbeing
 - Password: Yourlife
- Click **Services** in the horizontal menu bar



- In the drop down menu on the left side of the screen, select **Talkspace Online Therapy**.

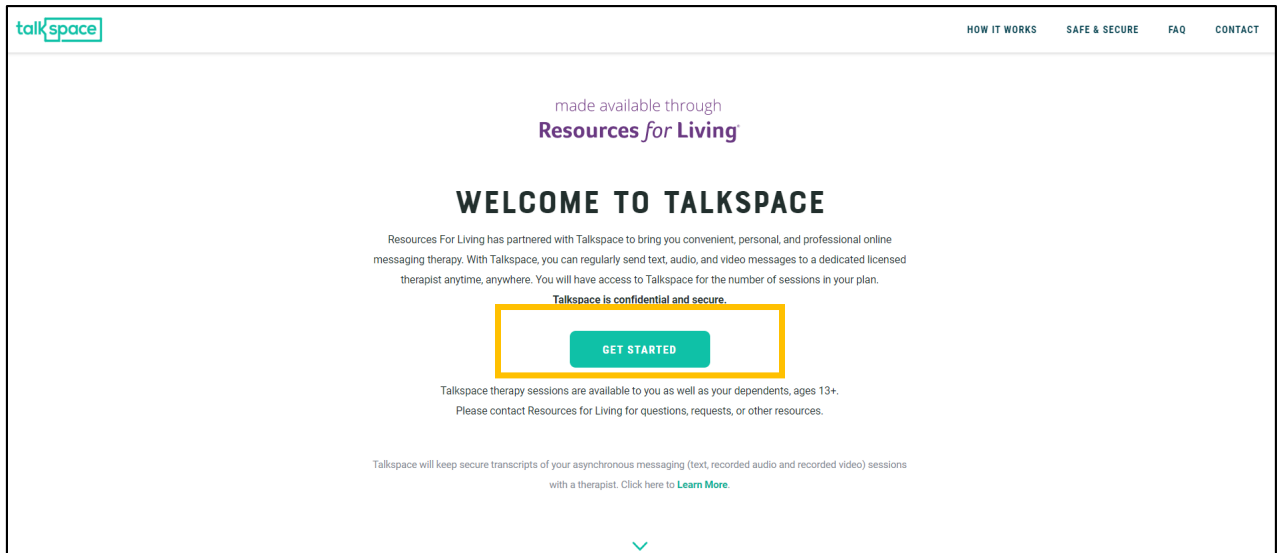


- At the bottom of the Talkspace Online Therapy, select **Sign Up For Talkspace**.



Sign up for Talkspace

- 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

Last name

Date of birth

Phone number

Home address

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:

To begin, we need some basic information...

Email 


Let us know who you are 

Employee 

Organization name 

GWU

How did you hear about us?

Benefits information ... 

NEXT

[Continue without insurance](#)

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

**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...

Male
Female
I'm not sure yet

- 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?

Excellent
Good
Fair
Poor

- Rate your physical health:

How would you rate your current physical health?

Excellent
Good
Fair
Poor

- Indicate your gender or skip the question:


Please select your gender.

Male
Female
Transgender male
Transgender female
Gender queer
Gender variant
Other

Skip


- Indicate state of residence:





Please select your state of residence.

Select a state 

- Talkspace will start selecting open therapists:

Please hang on while we find the best matched providers for you.




- Calculating profile... 
- Searching for matches... 
- Analyzing matches... 
- Returning best matches... 

- 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.

Meet your matches

We've prioritized female providers that can help you with Anxiety.




Profile Availability

Regina Rivera
LPC

Hello, my name is Regina Rivera. I have a Master's of Science degree in Mental Health Counseling and a Bachelor's of Science degree in Psychology with a minor in Sociology. I am licensed as a professional counselor in the state of Virginia. I have practiced individual...
[Read more](#)

5 years in practice
Joined Talkspace 2 years ago
Focus: Anxiety, Depression

SELECT




Profile Availability

Charlotte Schafer
LPC

1 year in practice

- 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:

Congratulations on selecting Regina. We want to offer you a complimentary 10 min live introduction call. Availability is shown in New York time.

Wed Aug 11	Thu Aug 12	Fri Aug 13
8:30 PM	8:00 PM	8:00 PM
9:00 PM	8:30 PM	8:30 PM
	9:00 PM	9:00 PM
	9:30 PM	9:30 PM

BOOK AUG 11, 8:30 PM

Schedule later

- 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:

You have completed the QuickMatch™

Based on your answers, Regina is a great match for you. Enter your details to get started.

Email
Enter email

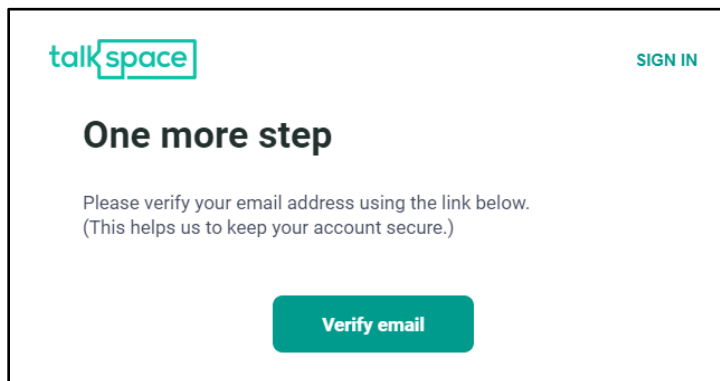
Password
8 characters minimum

Nickname
Enter a nickname

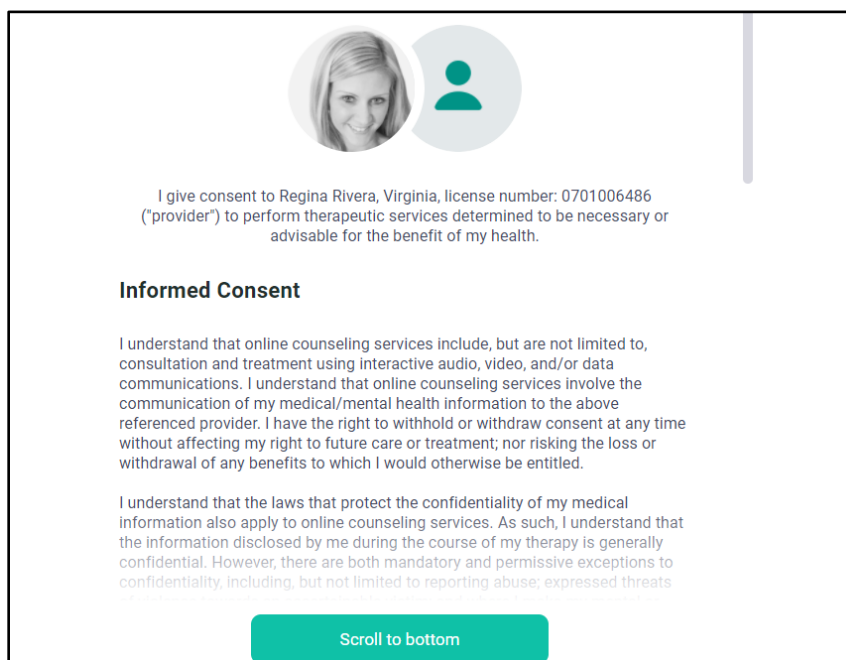
I am 18 years of age or older and agree to the [Terms](#) and [Privacy policy](#)

START THERAPY

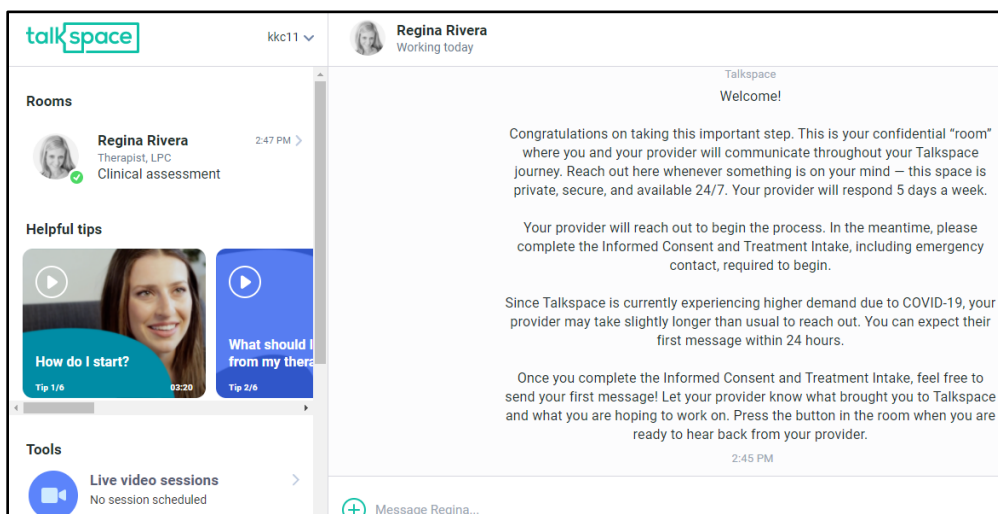
- Return to the inbox of the email used to register; select Verify Email:



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



- Congratulations! You can get 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.





Regina Rivera
Working today

Talkspace

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](#)

2:45 PM

Talkspace

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

[Informed Consent](#)

2:45 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](#)

2:47 PM