



# WHAT IS TALKSPACE?



**Talkspace is an online therapy platform that provides confidential and secure mental healthcare through an easy-to-use and HIPAA-compliant app.**

With Talkspace, clients can send their dedicated therapists unlimited text, video, and audio messages from anywhere, at any time – via web browser or the Talkspace mobile app. Therapists respond daily, 5 days a week. No offices, scheduling hassles, or stigma.

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## How Talkspace Works

### Easy Assessment

Clients provide information about their needs and preferences for therapy through a matching questionnaire.

### Personalized Matching

Talkspace suggests three therapist matches for each employee based on their unique needs and preferences. Clients select their ideal match and can begin therapy the very same day.

### Convenient, Flexible Therapy

Clients can reach out to their dedicated therapist in a private therapy “room” with either text, video, or audio messages. Therapists check in daily, 5 days per week. Talkspace is not a live-chatting service, but a convenient and effective way for clients and therapists to engage at their own pace, on a flexible schedule.

### Dedicated Care

Each client always connects with the same therapist unless they request to change providers, which they can do at any time, at no additional cost.



