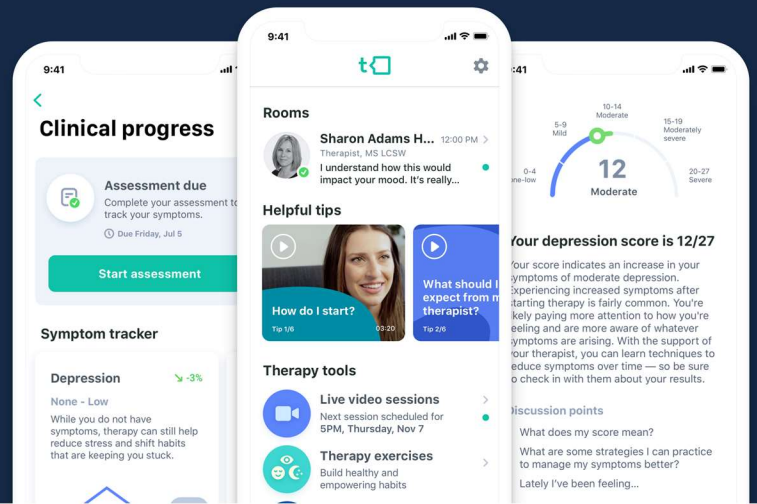


# Welcome to Talkspace



## Taking care of your mental health helps you show up as your best, most authentic self

With Talkspace, you can receive counseling, therapy, and medication services wherever you are, from the convenience of your phone or laptop. Our network features thousands of licensed therapists and specialized prescribers who can support a variety of needs like:

- Stress
- Anxiety
- Depression
- Relationships
- Healthy living
- Trauma & grief
- Eating disorders
- Substance use
- Sleep
- Identity struggles
- ADHD
- and more

## Counseling and therapy

Tell us about your preferences, then pick your provider from a list of matches. Start your journey by sending text, voice, or video messages — messages can be as short or as detailed as you would like. Providers respond daily during their business hours, which often includes weekends. You can also book live sessions for real-time conversations.

## Medication evaluation and management

With Talkspace Psychiatry, you can schedule a video appointment with an in-state, licensed provider who can help determine if medication should be part of your treatment. The first session typically takes place within a week of registration (messaging sessions are not available). You may choose to do just therapy, just psychiatry, or both treatments with Talkspace.

## Ready to get started?

- To register, go to <https://OELocal12.mybeaconwellbeing.com> or [www.talkspace.com/beaconhealthoptions](http://www.talkspace.com/beaconhealthoptions)
- Complete our QuickMatch™ questionnaire to share your preferences
- Review the matches we find for you and choose your provider
- Once you create an account, you can connect with a provider using the Talkspace app or your computer

If you have any questions, please call (866) 250-1555

