

## Talkspace Online Therapy

# Something on your mind? We can help.

### Talkspace Online therapy Part of your Employee Assistance Program

**Be right there (BRT).** That's the kind of response you want when you or a family member is stressed or needs some help. It's even better when this support can be delivered right to your mobile phone.

That's why your free benefit, the Employee Assistance Program (EAP), now offers a way for you to connect with a therapist via text, audio and video messaging or live video session. In no time, you can find an expert that's the right match and start working through whatever is on your mind. All at a pace that fits your lifestyle.

### Online therapy includes

- A private space to work through challenges
- An online platform that connects users to a licensed therapist via

 Text  Video  Voice  Live Video

- Access to 5,000+ licensed therapists from a computer, smartphone or tablet device
- A set amount of counseling sessions per life topic (five days per week of messaging equals approximately one EAP session)

### What's in it for you

- Message anytime, anywhere
- Includes dependents, 18 yr.+
- No cost or insurance required
- Quality, proven way to treat depression, anxiety, stress, etc.
- No commutes or office appointments
- Secure and confidential
- Messaging can begin the same day as registration
- 1:1 relationship with licensed professional
- Easy access with a smartphone, tablet, or computer

Using text message therapy is completely anonymous. No matter how you connect with the EAP, your employer cannot identify that you specifically are using the service. Talkspace online therapy goes through rigorous security by design, rigid execution based on industry best practices, and validation by external auditing. \*Message and data rates apply

**“I never truly understood the power of therapy until I started to use Talkspace.”**

### Get Started

- Visit [talkspace.com/newdirections](https://talkspace.com/newdirections)
- Complete therapist selection process
- Create an account
- Start messaging!

Or call the EAP Support Line at 877-281-3804 to request any form of counseling.

**81%**  
of Talkspace users find it as effective as face-to-face therapy

**Connect with a therapist in a new,  
convenient way.**

[talkspace.com/newdirections](https://talkspace.com/newdirections)  
**877-281-3804**