

Welcome to Talkspace

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

Over the last decade, Talkspace has supported more than 2.9 million adults, teens, and couples with counseling and therapy services. You'll be connected with a licensed counselor so you can share what's on your mind, wherever you are, from the convenience of your phone or laptop.

How it works

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

The counselor you choose stays with you throughout your Talkspace journey (but if you're not feeling the connection, it's easy to switch). Talkspace's clinical network includes thousands of licensed and verified counselors who specialize in things like:

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

Ready to get started?

- To register, visit talkspace.com/carelonwellbeing or your EAP achieve solutions website and enter your company name: **JEFFERSON HEALTH PLAN**
- Complete our QuickMatch™ questionnaire to share your preferences
- Review the matches we find for you and choose your personal counselor
- Once you create an account, you can start messaging in your private digital room and book a live session using the Talkspace app or your computer

Your EAP offers **1-5** counseling sessions per issue per year. With Talkspace, one session generally equals one week of access and the ability to send unlimited messages to your therapist, or one completed live video

If you have any questions, please call
1-877-233-0976

