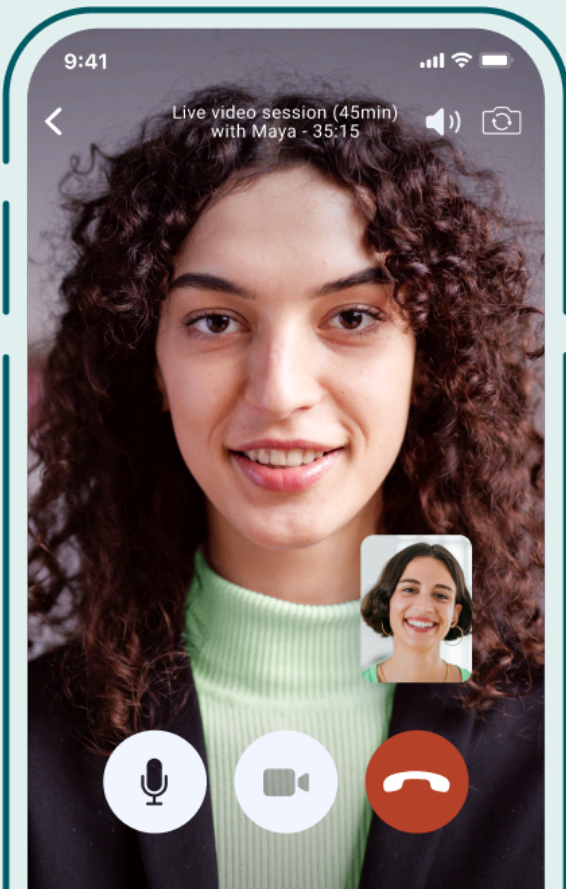


Convenient, covered mental health care

Talkspace provides mental health support privately and conveniently online. Receive therapy, psychiatry, or couples counseling from highly qualified licensed providers with no wait, covered by your insurance plan. Talkspace stands out by offering messaging therapy, giving you the ability to share your thoughts and feelings with your therapist 24/7 and receive feedback without waiting for an appointment.



The Talkspace network of therapists and psychiatric providers can treat a variety of mental health conditions and needs, including:

- STRESS
- ANXIETY
- DEPRESSION
- RELATIONSHIPS
- HEALTHY LIVING
- TRAUMA & GRIEF
- EATING DISORDERS
- SUBSTANCE USE
- IDENTITY STRUGGLES
- CHRONIC ILLNESS
- AND MORE

Therapy

- Get matched with a licensed therapist based on your needs and preferences and start communicating within days.
- You'll exchange messages with your therapist (text, voice, or video messages) over the secure Talkspace platform, and schedule appointments for live virtual sessions (video, audio, or live chat).
- Messaging therapy allows you to share with your therapist 24/7 and receive feedback and advice, and is proven to be as effective as traditional therapy.

Teen therapy (13+)

- Teenagers will be paired with a therapist who specializes in teens
- Support for navigating the emotions and changes of the adolescent years
- Treatment for anxiety, depression, and other mental health conditions

Couples therapy

- Counseling for both married and unmarried couples
- Receive counseling through messaging and live sessions
- Couples can participate in therapy sessions from the same location or separate ones

Psychiatry (18+)

- Schedule a video appointment with a psychiatric provider, no referral needed, for an evaluation and prescription for mental health medication, if appropriate
- Appointments typically occur within two weeks
- Prescriptions are filled at your local pharmacy

Note that Talkspace doesn't prescribe controlled substances.



Ready to get started?

Register at talkspace.com/Regence and have your memberID ready. Sessions are subject to your applicable copay or deductible/coinsurance. Schedule a live session or message right away.

Questions? Contact our [help center](#) or visit your benefit FAQ page.