



talkspace

Prioritize your mental well-being as part of your overall care with Talkspace, an all-new, secure app through Providence Health Plan.

Talkspace is a virtual therapy service that provides personal behavioral health and emotional wellness support through online counseling and therapy from one of the thousands of licensed and verified counselors in the Talkspace clinical network.



Connect with a counselor on a private, secure and HIPAA-compliant digital platform



Choose how and when you communicate with a counselor through text, voice, or video messages that can be sent anytime, anywhere



Access self-guided exercises, such as journaling and meditation



Work with a dedicated, licensed provider for one-to-one counseling and therapy (ages 13+)



Speak to a Talkspace counselor in your preferred language with a network that supports 32 different languages\*

\*U.S. network

# Get Connected in Four Steps

## 1 Register

Members can begin registration by visiting Providence's unique Talkspace webpage: [Talkspace.com/ProvidenceHealthPlan](https://Talkspace.com/ProvidenceHealthPlan)\*

## 3 Personalized Matching

Talkspace's matching algorithm suggests three available providers. About 90% of people stay with their first selection, but it's easy to switch counselors if needed.

## 2 Intake Assessment

Members provide information about their needs and preferences through a matching questionnaire, which can be completed in a matter of minutes.

## 4 Dedicated Care

Easily access care through text, voice, or video message. Counselors respond daily during their business hours, which often include weekends. Members can also book live sessions for real-time conversations.

### Use Talkspace for help with:

- Stress
- Anxiety
- Depression
- Eating disorders
- Substance use
- Sleep
- Personal identity issues
- Chronic issues
- Trauma & grief
- Relationships
- Healthy living
- And more...



To get started, visit  
[Talkspace.com/ProvidenceHealthPlan](https://Talkspace.com/ProvidenceHealthPlan)

\*A temporary \$10 hold will be placed on your credit card while payment information and insurance is verified.



Resources for  
Improved Well-Being



Self-Management and  
Mindfulness Tools



Telehealth/  
Virtual



Hybrid Clinical  
Support



Crisis  
Care

Talkspace is a telehealth/virtual service that makes up our larger suite of behavioral health offerings.

To explore all of the options available to you and see what best fits your need, visit

[ProvidenceHealthPlan.com/BehavioralHealth](https://ProvidenceHealthPlan.com/BehavioralHealth)