

h1 Talkspace Online Therapy Reviews & Costs, 2022

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- p Online therapy is becoming a prevalent topic. With so much awareness about how people should pay attention to their mental health, it has become imperative to ensure that structures are in place to take care of that. It is also common knowledge that has easy access to online therapy.
- p Many establishments have devised ways to make online therapy and psychological health care available to anyone. One of these mediums is online mental health care apps. These apps link people who need mental health care with therapists with licenses and expertise to provide this care.
- p While these platforms have their different service offerings, the aim remains the same - to offer medical therapy services and sessions to people everywhere and anywhere.

h2 Why Choose Online Therapy for your Mental Health?

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a man holds his head while sitting on a sofa

- p Online therapy may seem intimidating. However, it has a lot more to offer than we give it credit for. More emphasis has been placed on physical health and wellness. We fail to realize that our mental health affects us a lot more. Being in good health encompasses our physical, mental, and emotional health.
- p In recent times, as awareness towards better mental health is on a consistent rise, there are several things we have come to realize.
- p First, just as not many people have access to physical health and wellness checks, the same applies to mental wellness. Another realization is that, just as people do not prioritize their health until they have a fatal or critical condition threatening their lives, the same applies to one's mental health.
- p One of the reasons given for this lack of priority where mental wellness is concerned is time and accessibility. Many people do not find sitting in a therapist's office and talking about their feelings the best use of their time.

h3 Online Therapy: Accessible and Convenient

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talkspace cost (and 13 more)

GUIDELINES

OUTLINE

BRIEF

Content Score

92/100

Avg $\frac{1}{3}$ 72 Top $\frac{1}{3}$ 75

Details

Content Structure

WORDS

4,082 ✓

3,751-4,313

HEADINGS

39 ✓

33-75

PARAGRAPHS

96 ✓

at least 96

IMAGES

11 ✓

7-27

Terms

Search

#Therapy - 21 #Talkspace - 14

All 80 Headings 5 NLP 78



macbook pro displaying group of people



- However, therapy has advanced a lot more than that. One of the latest treatment advancements is the introduction of online therapy. These sessions aim to make therapy accessible to everyone and anyone at any time of the day.
- This move solves the issues faced in terms of time and accessibility where therapy for mental wellness is concerned. Two people opt readily for online treatment. Or better still, two classes of people for who online therapy is for people who cannot manually search for the right fit.
- There is also the class of people who enjoy the safety and security of the online/virtual space. We have several online therapy platforms targeted at meeting the needs of these two classes of people and more.

Talkspace: An Online Therapy Platform for Everyone

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Access psychiatric services via Talkspace



- Finding the perfect online therapy service is no walk in the park. Especially one that offers all the right services at all the correct prices.
- That is why we review Talkspace: an online therapy platform that promises something to everyone. From adolescents and teenagers to singles and couples, Talkspace has services that suit the needs of different people from different spheres of life.
- Talkspace therapy has been reviewed, and we have seen the many ways they have structured their platform to help you locate the right fit and ease into the virtual sessions without a drop in service quality. Having the option of seeking therapy online may take time and effort. Assuring the right fit for an online therapy site involves several things.
- This review focuses on the service offerings of Talkspace, target market, cost, pricing, registration and licensed clinical social workers availability.
- To further answer any questions you might have about Talkspace and how the platform works, we have also put together some frequently asked questions in this review. Talkspace is a platform to provide therapists to teens.

What is Talkspace?

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Talkspace vs in person therapy for your mental health



- Talkspace is an online therapy platform that provides healthcare services to suit our mental health needs. The platform features services that cover different aspects of everyday life. The aim is to make mental health services accessible and available to anyone anywhere at any time of the day.
- Roni and Oren Frank started Talkspace in 2012 in Manhattan. They were inspired to create a new program to make therapeutic help available to everyone and anyone. Talkspace

guarantees daily responses to talkspace users by nurse practitioners or a professional clinical counselor. Their initiative began by providing group therapy services with licensed therapists.

- p They eventually introduced a free message option with audio recording and the possibility of scheduling live video meetings. In 2018 they added individual and partners' therapy to their therapy program Talkspace for Teens, as well as counselling for psychiatrists on medication was also introduced.

h2 Talkspace: Online Counseling Platform with Millions of Talkspace Users

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Online therapy with text, video, and audio services

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- p Talkspace now has more than 100 million talkspace users. It is one of the few online therapy platforms with extensive and inclusive services, from teens and couples therapy to live messaging and virtual sessions. Talkspace utilizes the best digital technology to ensure its users have a seamless experience with the virtual therapy sessions on its platforms.
- p Talkspace became a health-based platform that assists people seeking mental health support — including teens or couples. Talkspace functions to provide therapy for those who struggle with their mental health with issues like post traumatic stress disorder. A psychiatric nurse practitioner can also diagnose mental health conditions and prescribe medication.
- p The platform is also open to adolescents aged 13-16 who face mental health problems. They can treat adults' conditions but specialize mainly in working with teens who face school-related issues, cyberbullying, or family relationships. Talkspace is also helpful for couples experiencing a relationship breakdown or conflict.

h2 How does Talkspace work?

- p Talkspace is a web-based therapy platform that conducts virtual therapy sessions. Psychiatric consultation is arranged in separate sessions. Users who want to benefit from the service available on Talkspace can sign up as members by subscribing to the platform.
- p The cost per user varies depending on the services they sign up for and how frequently they will want to have their sessions.
- p Couples therapy, for one, comes at a pricing that covers both partners. You can subscribe monthly or quarterly, depending on your therapy needs. Talkspace can also be downloaded using the Talkspace app, which allows users to set up appointments and messages in a single location.
- p In addition, messaging services are available for subscribers in text, audio and video formats. Live therapy includes four 45 minutes of live coaching available via text, audio or video messaging. Live - messaging therapy includes four live sessions.

h2 Consistent Therapist Availability

- p Talkspace provides daily access to mental health professional therapists via their online platform. The platform is accessible through your computer or mobile device. It allows the user to contact therapists through phone and text messages as well as on the chat room.
- p Looking at therapist availability on the platform, many therapists are available to respond to questions once or twice weekly, working five days per week. Users who purchase an annual subscription can also schedule four sessions per month. Start with Talkspace. Talkspace has dozens of mental health options.

h2 Who is Talkspace for?

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video sessions with experts in clinical psychology



- ⌚ Talkspace helps people communicate with one another by texting. This program works ideally with people suffering from traumatic psychological difficulties.
- ⌚ Try Talkspace to develop working relationships in person. Like in-person therapy, TalkSpace will give you many advantages depending on the therapist you meet. Finding an online therapist with a great deal of experience in their field will ensure you have optimum results.

h2 How to Use Talkspace?

- ⌚ Talkspace offers users a clean, simple interface that makes it simple for them. It is easy to use and allows for easy switching between desktop and mobile apps. It will run on iOS or Android devices.

h3 Sign up Process

- ⌚ The sign up process on Talkspace is relatively easy compared to other online therapy platforms. You can log into Talkspace via your laptop and download Talkspace Apps. You must enter your nickname, password, or email address. Sign-up begins with an interview with an artificial intelligence robot or licensed clinical social worker.
- ⌚ Depending on your preference, the application will work well. You'll have basic questions, including age, name and place, and you will learn the basic features of the conversation platform.
- ⌚ The agent gives a general description of your prior experience at therapy and presenting issues. They can then guide you through the selection of an option which suits you well. The subscription can be changed at any moment.

h3 Online Therapy with Talkspace is Convenient.

- ⌚ Talkspace therapy brings therapy home, making it much more convenient and accessible. That is not all. Talkspace extends from therapy sessions for adults to teens and adolescents, helping them through mental health crisis. Once you sign up and have a subscription, you can access multiple services available on the platform. Live chat, messaging, and video sessions.
- ⌚ Talkspace creates a virtual therapy platform that can almost rival the perks of a physical therapy session. Having appointments and completing the session at home is ideal for their schedule. Talkspace also helps people living in the countryside find more accessible therapists in the vicinity. Talkspace also helps people physically be able to go through therapy offline.

h3 Access Talkspace Services Any time and Any Day

- ⌚ One user noted he was fine catching up with treatment while travelling or doing work overseas. Uninterrupted therapy sessions that could continue anytime and anywhere.
- ⌚ With Talkspace, you do not have to put your life on hold to get all the help you need. Save time, save resources, and save energy with Talkspace. It is an excellent option for those seeking unlimited communication, scheduled live sessions, and various services.
- ⌚ A description of the therapists in the chat room includes a brief introduction, accessibility, and a short description of the therapy experience.

h2 What you Get When you Subscribe?

- ⌚ Talkspace offers a wide range of services. It all comes down to what you subscribed for. Each subscription comes with its distinct package. However, certain things are common to all subscribers regardless of your mission on the platform.
- ⌚ For example, unlimited text, audio, or video messaging is included in the purchase of the messaging therapy subscription. Four 45-minute live sessions of live therapy are offered, and they can be carried out through text, voice calls, or video calls. You can also send messages to your therapist.

- The live + messaging therapy subscription does things a little differently. It combines four live therapy sessions with unlimited messaging. Depending on the therapist's availability, live video, chat, or phone sessions often last 30 to 50 minutes.
- Five days a week, therapists at Talkspace are on call. It means you can easily access professional, licensed therapists via the platform and get all the help you need to be made available to you on a platter.
- Talkspace is also an excellent option for parents and therapists looking to get their child accessible mental wellness care. The Talkspace therapists are available to help adolescents and teens access the care they need as they journey through different facets of life.
- The counsellors' response times are comparable to those of other platforms. Users may often anticipate hearing back from their counsellor four to six hours after sending a message. This rule is in force twice daily, five days per week, except for live sessions.

h3 Virtual therapy Sessions with Talkspace

- After registering for the match with the company and submitting payment details, you can access an encrypted virtual therapy room per week. It is easily accessible using any browser and the Talkspace app for smartphones.
- Talkspace offers the best chat platform similar in format to other chat rooms. You may contact your therapist via phone call or voicemail anytime. During your first contact, you should receive an email from me indicating when you expect your response from us. The therapist's response is usually as fast as two business days. You can get an update when the therapist has not been working.

h3 Talkspace Chat therapy

- After registering for the match with the company and submitting payment details, you can access an encrypted virtual therapy room. It is easily accessible using any browser and the Talkspace app for smartphones. Talkspace offers the best chat platform similar in format to other chat rooms.
- You may contact your therapist via phone call or voicemail anytime. During your first contact, you should receive an email from me indicating when you expect your response from us. The therapist's response is usually as fast as two business days. You can get an update when the therapist has not been working.
- To maximize your video sessions, you'll want to discuss an extremely specific or recurring issue worth advising about. You'll likely find texting more effective if you supplement the sessions with videos, which are generally required a week in advance.

h2 Talkspace Therapists

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Mental health professional offering help with online therapy services

- Talkspace only engages with licensed therapists who have years of experience with therapy. This standard ensures that users and subscribers get nothing short of the best when they utilize the platform. All users are guaranteed the best mental health professionals to help regardless of the subscription package they opt for. Therapy applicants have one of the following credentials:
 - Certified psychosocial worker (LCSW)
 - Licensed married/family therapist (LMFT)
 - Licensed professional counsellor (LPCC).
- Each licensed therapist must have a minimum of 3000 hours of experience. Plus, they can be employed by customers in the state where the licence is issued

employed by customers in the state where the license is issued.

- p The therapist is verified before they join the platform. Talkspace likewise has an extensive list of training opportunities for employees. Professional counsellors are experienced licensed professional counsellors or clinical psychotherapists, PhD level.
- p In addition, many variables affect expertise during the treatment process. It's good because you can search for a match until you can find one that fits your needs.
- p Talkspace medication prescribers are psychiatrists or neurologists with specialized training in medical care. Prescribers work alongside therapists but do not offer any talks.

h2 Psychiatric Consultation on Talkspace

- p Talkspace became the first online medical service that offered medications to those needing assistance taking medication. Users can sometimes book virtual visits from a psychiatrist to help with medication prescriptions.
- p Nevertheless, the Talkspace provider cannot prescribe controlled substances. Patients with an addiction problem will consult a psychiatrist for an assessment but aren't given prescription medications. Talkspace provides medical services and offers prescriptions by specialists in that field.

h2 Talkspace Confidentiality & Privacy Policy

- p Talkspace is exceptionally transparent about its privacy policies. HIPAA regulates the system.
- p The platform encrypts messages sent to the website and apps. To protect you against theft, the software will require you to use an email address that has been created. Talkspace will collect data about users accessing it through an employer or employer-sponsored payments.

h2 How long are Talkspace sessions?

- p Talkspace offers a variety of therapeutic options, such as live video and phone sessions, and selected doctors offer instant chat and email. Those undergoing a treatment program will have an introduction of 10 minutes or 45 minutes.

h2 Medication Management & Tracker with Talkspace

- p Talkspace also provides access to a medication management tracker via email and phone. Keeping track of a patient's progress can help determine how a patient approaches treatment. A licensed professional clinical counselor or nurse practitioner is required to prescribe medications.
- p It offers an exercise program for everyday issues such as stress and conflict. The exercises can then be recorded to the Therapist's satisfaction.

h2 How Much does Talkspace cost?

- p Talkspace provides several subscriptions and varies by geography. It includes the live treatment package for \$99 / per week and messaging plus live therapy for \$ 29 per week. The subscriptions are available monthly, quarterly, or biannually.
- p The monthly payment is 10%, and the biannual pay is 20%. Prices depend mainly on your location, but they do NOT list the exact prices on the site. However, Talkspace scored 3/5 stars from the " Cost category.

h3 Messaging

- p SMS service is available for \$59 per month and gives you access to an exclusive chatroom for unlimited messaging therapy, audio and video messages. You have the right to receive an individualized response on your phone 24 hours a day.

h3 Talkspace for Business

- p Companies can use Talkspace to assist staff in obtaining treatment. Each therapy subscription is available at the workplace, and the cost depends on the employee's size. To sign up for Talkspace business demos, click here.

h3 Live Therapy + Messaging therapy

- p Live therapy + SMS subscriptions are priced at 149.50 per day. It is a video and audio messaging therapy plan. The plan also includes a dedicated chatroom with the option to communicate via phone or email in a single session.

h3 Live video sessions

- p Live video sessions therapy is an annual subscription fee of \$99 a week, including four 45 minutes of live video therapy. Live Chat is available through iMessage, phone calls, or video chats.

h3 Psychiatry

- p Talkspace's psychotherapy and medication treatment/psychiatric services cost \$99/hour. It costs more than \$249 per person to complete a complete evaluation. You can schedule follow-ups directly through a phone app or online. All medications can be mailed or delivered to a local pharmacy. The plan can be rented online or downloaded via the app.

h2 Subscription management

- p Talkspace allows customers to pause or freeze their plans within seven days. The option can be accessed by clicking on the "Payments or plans" link in the Account Settings menu. For pauses that are longer than a month, please renew pauses after every seven days or call our support.
- p When a subscriber wants to switch to a different plan, Talkspace therapy can change this change anywhere. You will receive a charge or credit for the difference when the new bill cycle is completed.

h2 Talkspace costing

- p Users have the option of paying monthly, quarterly, or biannually. The quarterly and biannual plans, as well as insurance, reduce the monthly charge.
 - Therapy through unlimited messaging therapy is \$276 monthly, \$744 per quarter, or \$1320 every two years.
 - Therapy in Real Time is \$396 monthly, \$1,068 quarterly, or \$1,896 biannually.
 - Therapy + Live Messaging Monthly payments of \$516, quarterly payments of \$1,392, and biannual payments of \$2,472 (It includes video and audio messaging)
 - Couples Counseling is \$436 per month or \$1,188 per quarter for both persons.
 - Therapy for Teens Teenagers aged 13 to 17 can use the Messaging, Live, and Live + Messaging Therapy programs with parental or guardian permission.
 - Psychiatry Discussion Forum The initial examination costs \$249, and follow-up appointments cost \$125.
- p Talkspace does not need a long-term commitment, and subscribers can cancel anytime via their account settings.

h2 Can Talkspace Therapists Diagnose and then Prescribe Xanax?

- p Talkspace does offer medication prescription and medication management services. This is open to users who subscribe for the psychiatry package. Medications can be gotten from your local pharmacy. The user is matched with nurse practitioners who can then prescribe the needed medication. However, Talkspace has no control over certain substances. These include anti-anxiety medicines called benzodiazepines, such as alprazolam, and stimulants for ADHD, such as amphetamines/dextro-amphetamines (Adderall).

h2 How do therapists on Talkspace get paid?

- p The business earns money and pays therapists on the platform through platform access fees paid for therapy services by its customers.

h2 Is Talkspace a Legit Platform for Therapy?

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woman sitting on sofa while using MacBook Pro



- p Yeah, Talkspace is legitimate, with over a decade worth of experience. The business has run its online treatment service since 2012 and provides therapeutic help to its users with the aid of professionals on the platform. All providers have therapist licences and have more than clinical years of experience.

h3 Can I switch Therapists on Talkspace?

- p You can switch therapists on Talkspace if your search has not been found. Lea McMahon, MD, a licensed psychotherapist from Symetria Recovery, recommends evaluating the providers for the right people without regard to title.
- p Although every provider offers therapy, each therapist may use different techniques depending on the area of interest. Give yourself time to learn the different therapist styles before you switch providers. Otherwise, a free account can be created through your chatroom website or app.

h2 Does Partners' Therapy & Counselling Work?

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holding hand couple

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- p American Associations of Family Therapists reported 98% of all marriages were successful. In recent times, partners' therapy has lowered divorce rates.
- p Counselling can protect and grow your marriage. Premarital counselling can be provided by Talkspace licensed marriage family therapists (LMFT) for couples looking to make an essential move towards a successful union.

h2 Does Talkspace accept insurance?

- p It depends on whether or not the company's therapy plan covers Talkspace. The therapists are on an arranged basis with various insurance plans, but Talkspace is not accepting Medicare or Medicaid.
- p The network covered varies depending upon the therapist prescribing a patient's needs and availability. Talkspace also offers a benefits package to employees in several EAP programs, which subsidize sessions including medication management.
- p A customer may obtain a superbill for restitution via an FSAC or HSA. Talkspace gives access to psychiatry services by licensed professional counselors through providers collaborating with Pfizer, Cigna, Gatorcare & Optum.

h2 Is Talkspace pricy?

- p What is the price of the Talkspace app? Talkspace plans are usually between £276 and £515 for an individual without insurance. The price varies depending on the service being offered. Users who pay for yearly plans may save significant sums. For example, a plan to get unlimited messages with talk therapy costs \$29 a month.

h2 Is Couples therapy worth the money?

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- ⌞ A lot of people encounter issues in their relationships. We must understand that different people from other spheres of life will have things in common and differences.
- ⌞ While some couples have found ways to resolve these differences and find common ground, not everyone can. Couples therapy is an effective way to bridge that gap.
- ⌞ Couples therapy can be done in different ways; It is not about sitting across from a licensed professional and speaking out your heart. It entails more than that to find the root of the issue and resolve it. In cases like this, you need a licenced professional.
- ⌞ Many couples believe there are better uses of time and resources than getting Partners' therapy for every little thing. Most couples end up talking it out with a friend or relative. Very rarely do they get the solutions they need to make things work? Research shows that couples who readily opt for therapy are less likely to separate or get a divorce.

h2 Talkspace: Creating Healthier Relationships

- ⌞ Talkspace makes couples therapy more accessible to couples. You can access live therapy sessions as a couple, per week from any location and any time of the day. It reduces the chances of complicated problems between couples.
- ⌞ It also reduces the chances of divorce as you are more likely to get practical and tried solutions from licensed marriage and family therapist available on the Talkspace platform. Talkspace brings a solution to couples with couple therapy sessions available on the forum.
- ⌞ Research demonstrates that couples therapists have positive effects, with 70% of partners in the first couple weeks of therapy. Especially where both parties are cooperative and dedicated to the process. For some, it'll take some longer.
- ⌞ Couples usually look for a research-based solution for improving relationships. However, it remains a fact that partners' therapy works and helps. With Talkspace, partners can access all the help that they need anytime and any day with the aid of a licensed couples therapist.

h3 How much does couples therapy cost?

- ⌞ With Talkspace, couples can access therapy sessions with a licensed professional at \$436 per month. This cost covers both parties every month.
- ⌞ The quarterly payments plan is also an option for couples looking into more intensive, continuous therapy sessions. The quarterly pricing for partners' therapy is \$1,188 per quarter for both people.

h2 Conclusion

- ⌞ Talkspace is a good choice for people who want the ease of limitless texting, planned live sessions, or a combination of the two. It is also a viable choice for people who wish to utilize their insurance coverage for online counseling.
- ⌞ The texting option is particularly useful for people who wish to communicate with their therapist outside of a planned appointment or who are uncomfortable chatting in a video format.
- ⌞ Each therapist's profile on Talkspace offers a brief introduction, availability, and treatment history, which includes their therapeutic style, focus areas, years in practice, and time working with Talkspace, so you can determine who will be the greatest fit for your requirements.