

Getting started with

Talkspace Go



Talkspace: Self-Guided empowers couples, individuals, and parents to take progress into their own hands, in as little as five minutes a day. Based on hundreds of research studies, our clinically supported programs utilize the most effective therapeutic approaches for anxiety, depression, burnout, and parenting.

How it works

Individuals begin by completing a brief, 25-question assessment designed to get to the root of their mental, emotional, and relational health. Based on their responses, users receive a personalized plan drawn from our library of 55+ guided counseling programs.

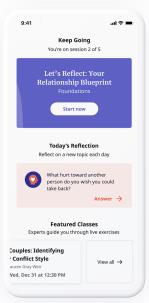
Features include

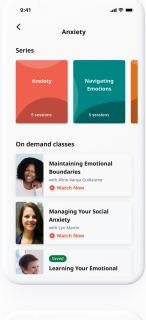
- 400+ self-guided and interactive courses
- Anonymous live workshops led by therapists
- Daily journal prompts

Ready to get started?

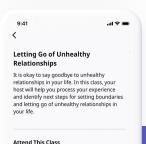
- 1. Download Talkspace Go from the Apple App store or Google Play store
- 2. Sign up and create an account
- 3. Enter your organization code











Monday, Jun 13, 7:00 PM, CDT