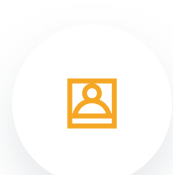# Get started today

Visit your organization's co-branded Talkspace webpage to register and confirm benefit eligibility

Complete the questionnaire to see your curated list of therapist matches

Review professional profiles and choose your dedicated therapist

Create an account and download the app (iOS and Android) for easy future access

Messaging can begin the same day as registration

talkspace

Founded in 2012 with the mission to eliminate the stigma associated with mental health and make therapy available to all, Talkspace has been used by over one million people.

La aplicación Talkspace no se encuentra disponible actualmente en español. Si necesita ayuda para encontrar un proveedor bilingüe, envíe un correo electrónico a **cigna-support@talkspace.com**.

WHAT IS TALKSPACE?

Convenient, safe and secure online therapy from the palm of your hand.

Learn more at **talkspace.com/cigna**

Holli

Feb 28, 8:30 AM

By signing up for Talkspace you have made a really meaningful choice. I know it can be an overwhelming decision but therapy can help you become a happier you.

Yeah, I'm going through a lot and it's been a struggle. I felt like I had to talk to a professional but my schedule is so busy. Can't wait!

Message Holli...

Therapy from anywhere

Talkspace is an online therapy service that connects users to a dedicated, licensed therapist via private messaging or live video session. The platform is fully HIPAA-compliant and uses banking-grade encryption to protect data.

Talkspace treats a wide range of behavioral conditions including stress, depression, anxiety, relationships, PTSD, grief, addiction, eating disorders and more.

No office or commute needed

Every user selects a dedicated therapist from a curated list of in-state matches. Users can regularly contact their dedicated therapist through text, voice and video message as life happens - anytime, anywhere. Therapists engage daily, 5 days per week.

A national network of therapists

The Talkspace clinical network features thousands of licensed therapists across all 50 states. They are credentialed according to NCQA standards, and are master-level or higher clinicians.

*93% of users participating in a recent study reported problem improvement in as little as 2 months after starting therapy on Talkspace.

*research.talkspace.com