



Connect with a therapist — anytime, anywhere

Your benefits offer faster access to counseling when you need it

If you or a loved one is struggling with life's challenges, finding a mental health professional to talk to quickly can make a big difference. That's why your Anthem benefits offer **Talkspace**, a service that provides confidential counseling by text, audio, or video — whatever way feels right for you.

Find support for:

- Anxiety
- Depression
- Grief
- Relationships
- Sleep
- Stress
- Substance use
- Trauma

You'll benefit from:



Personalized match

Talkspace QuickMatch™ pairs you with a therapist who fits your needs and preferences. That helps you feel comfortable from the start.



24/7 access

Message your therapist via text, audio, or video whenever something comes up — or schedule a virtual visit to connect in real time.



Experience you can count on

Talkspace includes a diverse network of professional licensed therapists in every state who treat a variety of needs.



Sign up for Talkspace today

- Go to talkspace.com or download the app.
- Enter your insurance information.

Your Anthem benefits are here with support

You and your household members can get confidential support through your Anthem benefits. Connect to helpful tools, resources, and information, as well as to financial and legal advisors. Go to talkspace.com and enter your insurance information.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (National Suicide Prevention Lifeline) and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. Talkspace does not offer emergency services.

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