

# Support when you need it — no appointments necessary.

Now you can get the extra support you need in a way that works for you. With Talkspace, you can reach out to a licensed, in-network Emotional Wellbeing Solutions Provider, 24/7.

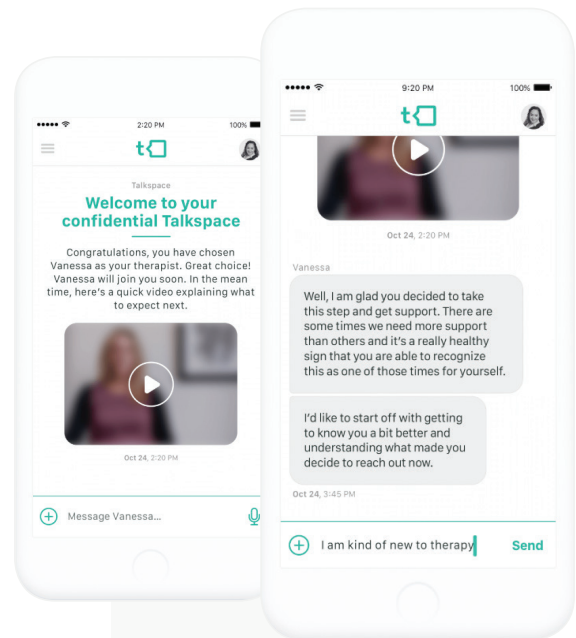
## Here's how Talkspace can fit your life:

- › Access Talkspace anytime, anywhere.
- › Find an EWS provider with an online matching tool.
- › Start therapy within hours of choosing your EWS provider.
- › Message your EWS provider whenever — no appointments necessary.
- › Get messages back throughout the day, five days a week.
- › Choose real-time face-to-face video visits by appointment, when needed.

To get started, call your Emotional Wellbeing Solutions at 800-354-3950 to obtain an authorization code prior to registering (first visit only), choose a provider, and message anywhere, anytime. [talkspace.com/connect](https://talkspace.com/connect)

After you register, download the Talkspace app on your mobile phone. Talkspace is supported by Chrome, FireFox, Safari or Edge browsers on your desktop computer.

Talkspace is *your* space. To use in *your* time. It's private, secure, confidential and convenient. And it's covered under your Employee Assistance Program benefits as a participating provider.



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MESSAGING • VOICE • VIDEO • PHOTO

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