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## Getting Started with Talkspace

The Vermont Agency of Education is partnering with Talkspace to provide message-based therapy and self-guided resources to educators and staff in Vermont schools and educational settings.

### Therapy

The leading provider of virtual mental health care, Talkspace supports behavioral health and emotional wellness needs from a secure, HIPAA-compliant platform. Depending on your plan, you and your family can receive ongoing therapy (ages 13 and over), psychiatry and medication management (18 and over), or self-guided mental health support—all from the convenience and privacy of your computer or mobile device. Talkspace’s mission is to provide people everywhere with access to high-quality mental health care so that they can live happier, healthier lives.

### Talkspace Can Support a Variety of Needs, Including (But Not Limited To)

- Anxiety
- Depression
- Eating disorders
- Substance use
- Sleep
- Identity struggles
- PTSD
- Grief
- Relationships
- Workplace

### Stay Connected to Your Mental Well-being

Join Talkspace today and take control of your mental health. Stay connected to your mental well-being. Learn more on [Talkspace](https://www.talkspace.com) website. Enter keyword: vttherapy. As you assess your healthcare needs during open enrollment, take care of your mental health by signing up for Talkspace. It’s already covered by your employer, and you can get started at any time.

### Personalized Matching

Answer a few questions about your needs and preferences in our online evaluation which can be completed any time, in a matter of minutes. Within days, often sooner, you’ll be matched with a therapist licensed in your state who we think would be a good fit for your needs.



## **Start Therapy**

Connect with your therapist through your private digital therapy room. You can send unlimited text, audio, or video messages, and one 30-minute live session per month is now included from now through September 2024. Providers respond daily during their scheduled business hours. Psychiatry appointments are available within two weeks and take place via live video.

## **Self-guided**

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. The self-guided materials will be available through February 2025.

## **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 the responses, users receive a personalized plan drawn from our library of more than 55 guided counseling programs.

## **Features Include**

- More than 400 self-guided and interactive courses
- Live workshops and classes, 5 - 6 days per week
- Daily journaling and reflection prompts

## **Ready To Get Started?**

1. Download Talkspace: Self-Guided from the Apple App store or Google Play Store.
2. Tap "Next" through the onboarding and create an account.
3. Tap "Yes" to enter organization code vtselfguided.

## **Frequently Asked Questions about Talkspace**

### ***Is Talkspace effective?***

Yes. More than 25 published studies conducted in partnership with research institutions including Columbia University, Harvard University, and New York University have proven the efficacy of Talkspace therapy. In one study of 10,000 participants, regular engagement with a Talkspace therapist resulted in a 70% reduction in symptoms of depression and anxiety within 12 weeks, and 50% fully recovered from their symptoms. Studies show Talkspace to be as effective as traditional face-to-face therapy.

### ***Is Talkspace safe and secure?***

Yes. Talkspace treats all information as a protected record in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Talkspace uses a variety of

techniques to protect users' information, including banking-grade encryption, anomaly detection, and regular risk assessments. Your employer will not receive information on whether or how you used Talkspace.

***Are Talkspace providers licensed?***

Yes. Our national network features thousands of licensed mental health providers across all 50 US states and Canada. Talkspace providers have been carefully vetted and trained to use our platform.

***Is Talkspace messaging a live chat experience?***

Talkspace's unlimited text messaging experience is not a live-chatting service, but a convenient and effective way for members and therapists to engage throughout the week. Members can send texts (including voice and video messages) any time. Talkspace live sessions are real time video or audio sessions between the member and their dedicated therapist. Schedule details can be viewed on each therapist's profile page.