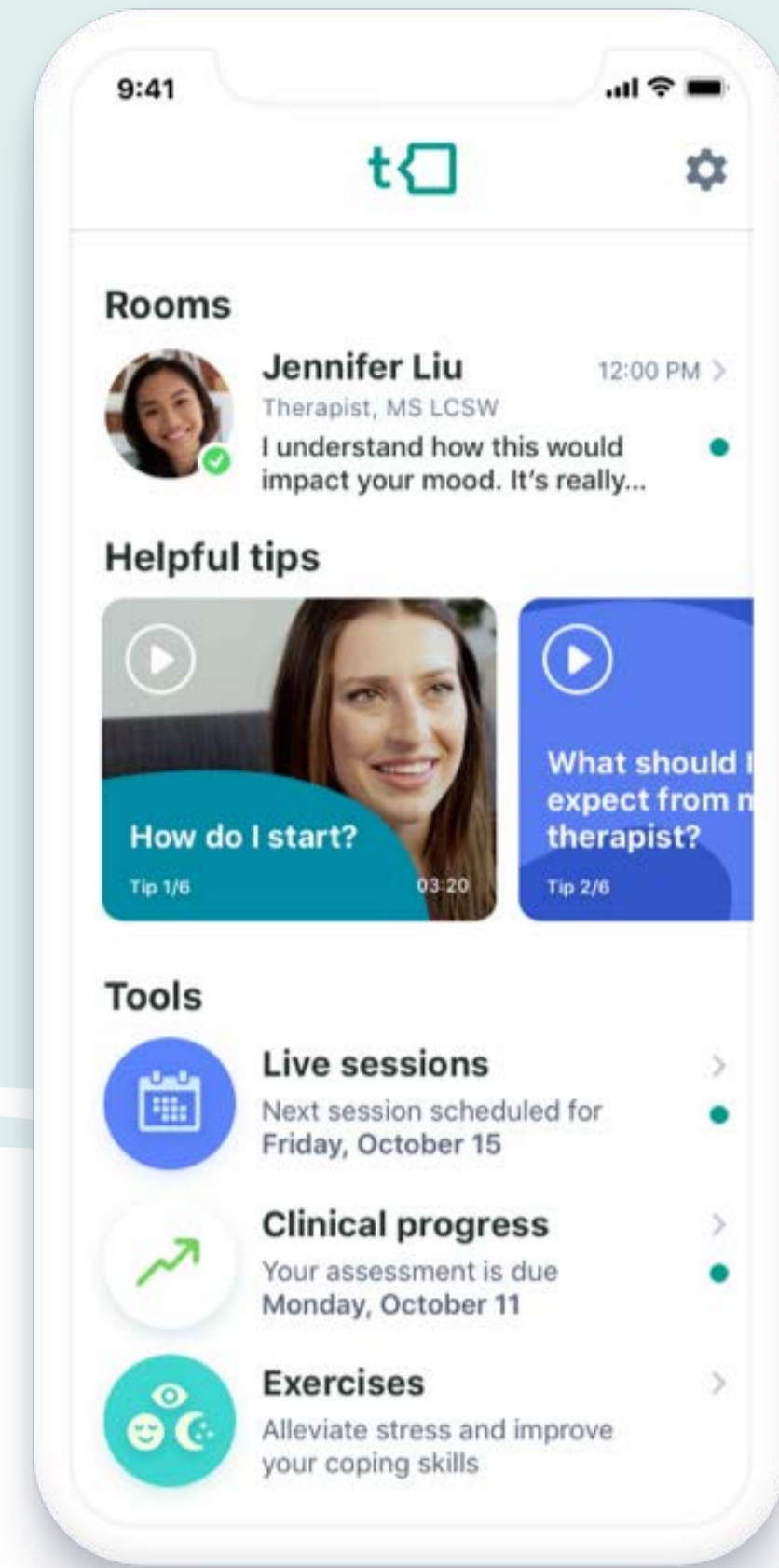
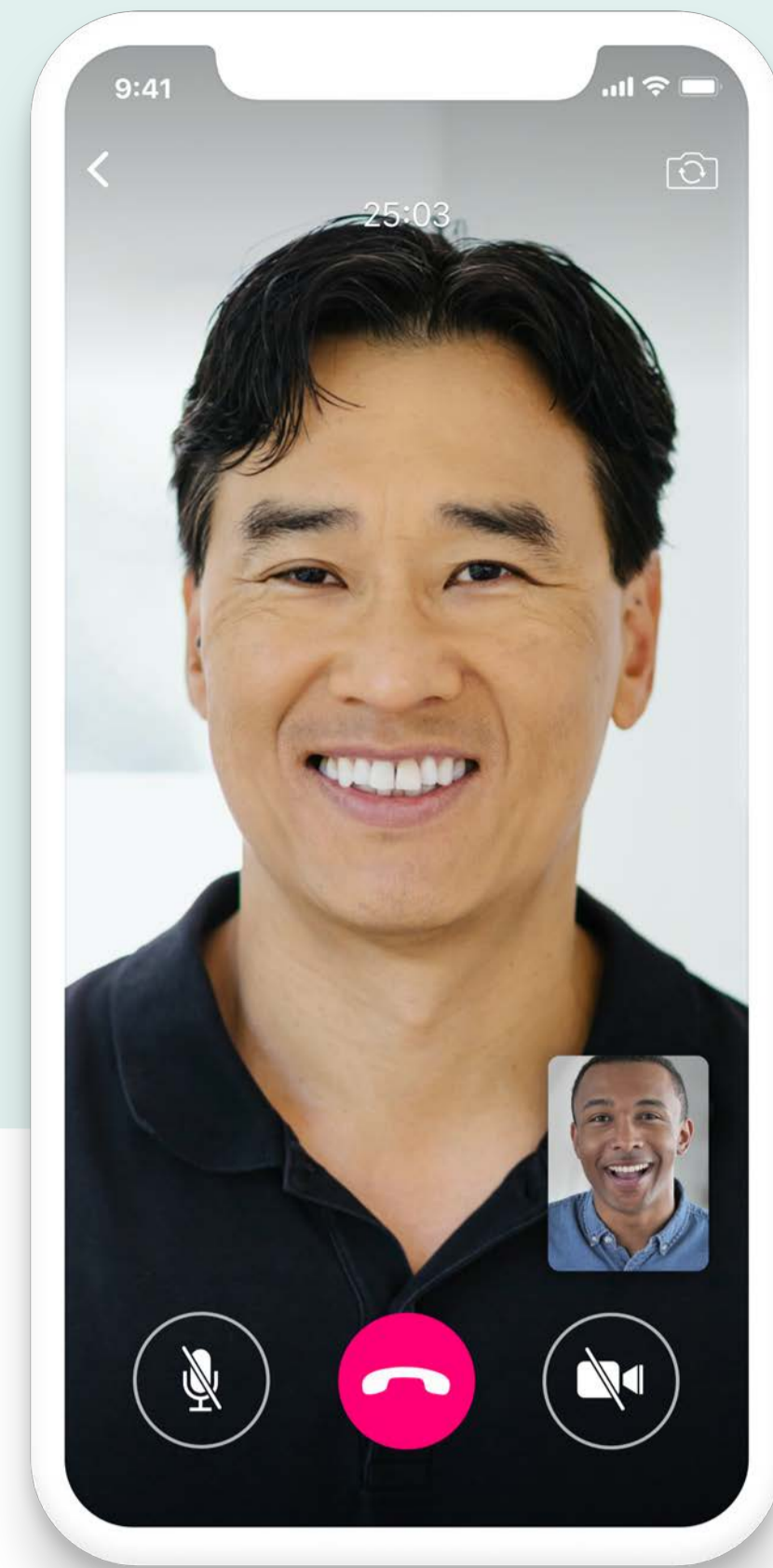
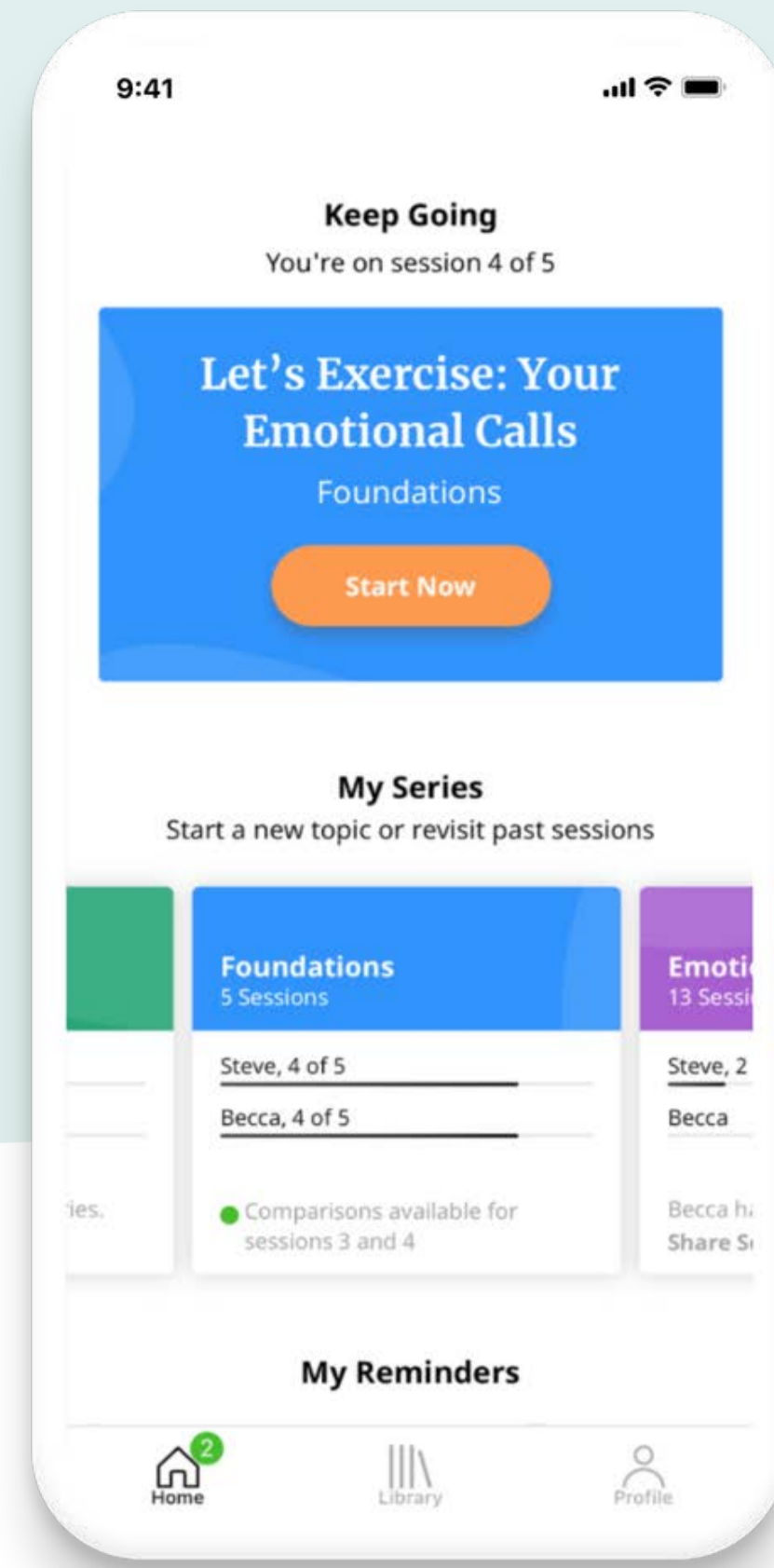




# Getting started



## Welcome to Talkspace

Talkspace is your digital space for private and convenient mental health support. With Talkspace, FAES plan participants and dependents can be matched with a recommended, licensed provider and receive support day and night from the convenience of a digital device (iOS, Android, and Web compatible). Self-guided tools and education compliment the care experience.

## Talkspace services

### Talkspace therapy (ages 13+)



Find an available therapist in minutes and start exchanging texts the same day you register for support. Your dedicated Talkspace therapist will support you daily—5 days per week—and is also available for live sessions. *Your plan includes 4 live sessions per month.*

### Talkspace psychiatry (ages 18+)



Find an available psychiatric prescriber and meet virtually within days. Your Talkspace psychiatric provider is an experienced specialist who can help determine if medication should be part of your treatment. *Your plan includes 13 live sessions.*

### Lasting relationship tools



Find high-quality relationship support through a self-guided experience. Drawing from a library of 35+ counseling programs, Lasting improves relationship satisfaction by developing a custom plan that helps couples identify and discuss personal needs. *Your plan includes unlimited access.*

You will continue to work with the same provider throughout your journey unless you request a change. Talkspace's clinical network features thousands of licensed, insured, and verified clinical professionals who specialize in behavioral health and emotional well-being.

## Ready to get started?

Register today. There is no open enrollment period for Talkspace. Sign up whenever you need support. When you are ready, visit [talkspace.com/FAES](https://talkspace.com/FAES).

### To register for therapy

Simply click "Get Started" and enter "FAES" when prompted for your organization name.

### To register for psychiatry

Select the "sign up for psychiatry here" link on [talkspace.com/FAES](https://talkspace.com/FAES), and when prompted for a keyword, enter "FAESpsych."

### To register for Lasting

Download the Lasting app, and select "I have Lasting through an organization" on the first screen. Enter "FAES" as your organization code.

## Talkspace works

In a **recent study**, 70% of participants with anxiety and depression symptoms experienced improvement in 12 weeks. 50% recovered from symptoms, altogether.

