



Talkspace Services

Talkspace is a digital space for private and convenient mental health support, available to FAES plan participants and their dependents (13+). With Talkspace, you can receive counseling, medication services, and relationship support from the convenience of your device (iOS, Android, and Web).

All direct care is led by a behavioral health clinician or medical professional. Talkspace's network features thousands of licensed, insured, and verified therapists and specialized prescribers who can support a variety of needs.

Counseling and therapy



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.

Medication evaluation and management



Find an available psychiatric prescriber and meet virtually within days to discuss your needs. Your Talkspace psychiatric provider is an experienced specialist who can help determine if medication should be part of your treatment. Your plan includes up to 13 live sessions with a dedicated prescriber. Messaging sessions are not available for Talkspace Psychiatry.



Learn more at talkspace.com/FAES