



Online Therapy

Connect Daily via Secure, Confidential App

Talkspace Advantages

- HIPAA-Compliant
- Licensed Behavioral Health Therapists
- Dedicated, 1:1 Relationship
- Start the Same Day- Anytime, Anywhere
- Live Video Sessions
- Unlimited Text, Voice & Video Messaging



Proven Outcomes *client study respondents**

- Over 90% who have had traditional therapy, prefer Talkspace
- More than 60% chose Talkspace due to challenges to accessing therapy elsewhere
- 83% report Talkspace is as effective as face-to-face therapy

2 Million Users and Thousands of Network Therapists

Studies demonstrate private messaging therapy can be as effective as traditional therapy for the most common emotional health issues: depression, anxiety, substance abuse, stress, PTSD and more*

Workplace Study - Employee Productivity

Talkspace collaborated with Columbia University to measure the impact the Talkspace platform had on specifically treating depression and comorbid anxiety, as compared to face-to-face treatment and antidepressants "treatment as usual" (TAU). After 3 months using TS platform, employees reported:*

50%

fewer hours of missed work, translating to 90 work hours reclaimed per employee per year

36%

increase in their functioning at work (20% better than TAU)

57%

decrease in depression symptoms (40% better than TAU)

50%

decrease in comorbid anxiety symptoms

1 Recent studies suggest text-messaging based psychotherapy delivery systems like Talkspace are effective, show statistically and clinically significant decreases in patients' levels of dysfunction, and achieve results that compare favorably with past clinical trials of face-to-face psychotherapy. Still, therapy through Talkspace may not be right for everyone and we encourage you to review all our terms and conditions. To learn more, go to [Talkspace.com](https://research.talkspace.com) and read about our User Survey and recent studies - <https://research.talkspace.com>.