

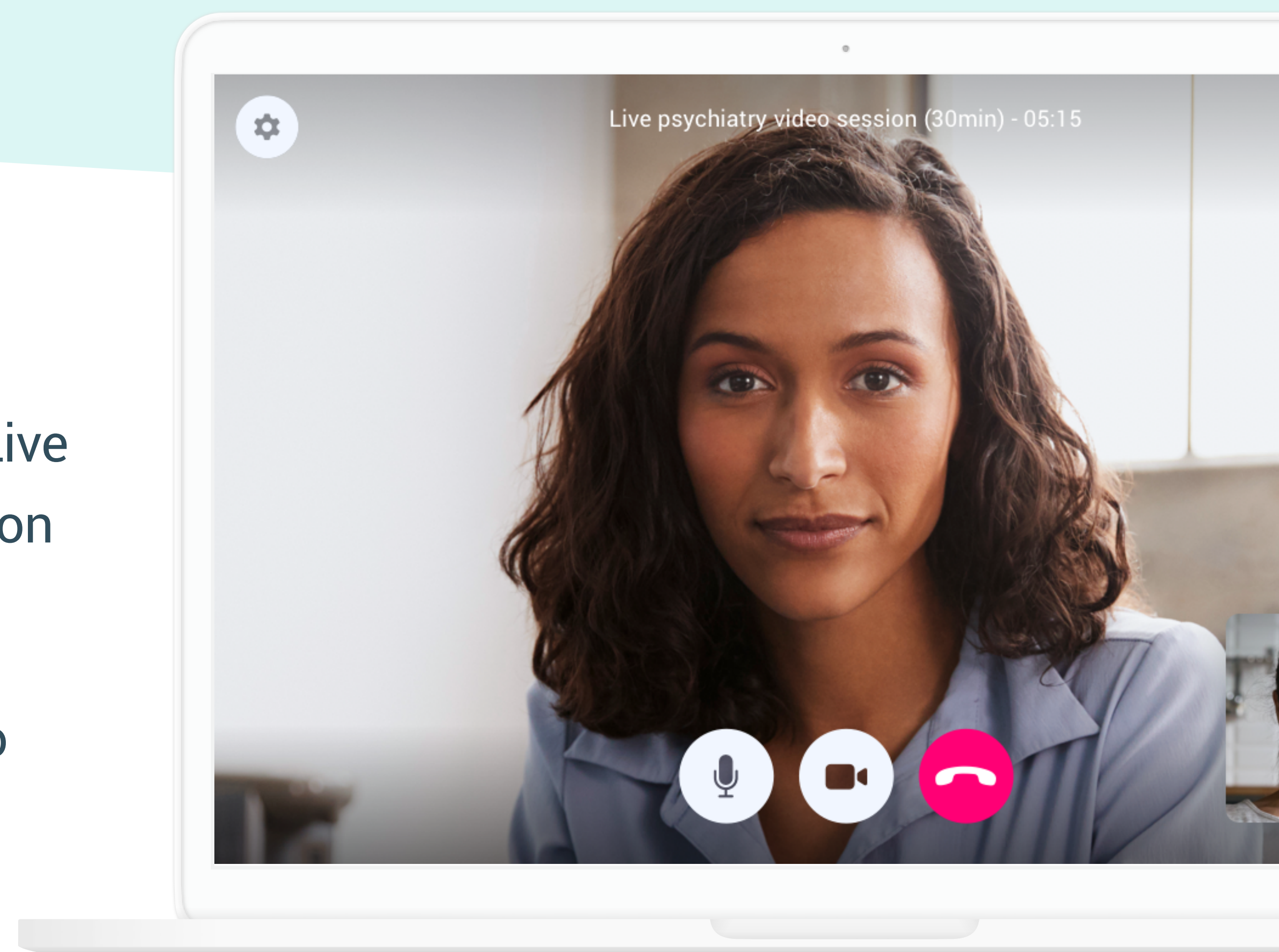


Psychiatry overview

Get the care you need without having to leave your home

With Talkspace Psychiatry, get private and personalized care from a prescriber who specializes in mental health care and prescription management. Get matched with a prescriber in your state, and schedule Live Video Sessions for everything from initial evaluation to ongoing prescription management.

Our network of licensed prescribers specialize in psychiatric evaluation so you'll get personalized, expert mental health treatment.



How Talkspace psychiatry works

1. Ways to register

If you already use Talkspace therapy through your insurance, simply ask your therapist for an insurance eligibility questionnaire to create a new psychiatry room, directly in your Talkspace app. Make sure to select "Psychiatry" as your new room type.

If you already use Talkspace therapy as an employee benefit, simply reach out to the Talkspace support team at partners-support@talkspace.com to add a psychiatry room to your account.

If you're new to Talkspace, visit your organization's secure Talkspace registration page to start the QuickMatch™ prescriber-selection process.

By answering a few questions, we'll then match you with a prescriber based on your needs.

2. Schedule your initial session

Once matched with your dedicated prescriber, you can schedule your initial live video psychiatry session immediately. The first session typically takes place within a week of registration. Remember, appointment scheduling is based on your availability and preference.

3. Begin treatment

Your prescriber will personalize your treatment, which may include ongoing medication management and follow-ups — all conducted via live video session that can last up to 30 minutes.

Frequently asked questions

What is the difference between therapy and psychiatry?

Therapists work with you to discuss personal challenges and devise a treatment plan via “talk therapy.” They are not able to prescribe medication. Psychiatrists and nurse practitioners are licensed medical providers who specialize in mental health treatment and provide personalized medication management. You may choose to do just therapy, just psychiatry, or both treatments with Talkspace.

What kinds of medication does Talkspace prescribe?

Talkspace prescribers are able to prescribe all medications, with the exclusion of controlled substances. Controlled substances include, but are not limited to: Adderall, Ativan, Concerta, Klonopin, Librium, Tranxene, Ritalin, Vyvanse, Valium, Xanax, Suboxone.

How is medication delivered?

Medication can be picked up from your local pharmacy. If you have a preferred mail-order pharmacy, you can also receive medication via delivery.

Will I speak to the same prescriber every time?

Yes, you will work with the same prescriber throughout treatment. You can also easily switch at any point without any disruptions in treatment.

What technology do I need to access a psychiatrist?

All Talkspace psychiatry sessions happen through Live Video Sessions (LVS) on the Talkspace platform. At this time, we support LVS on the web and mobile/tablet versions of Talkspace. The Talkspace app is available on both iOS (iPhone, iPad, or iPod) and Android devices, using cellular connection or WiFi.

