



Getting started with

Talkspace: 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.

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 55+ guided counseling programs.

Features include

-  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

