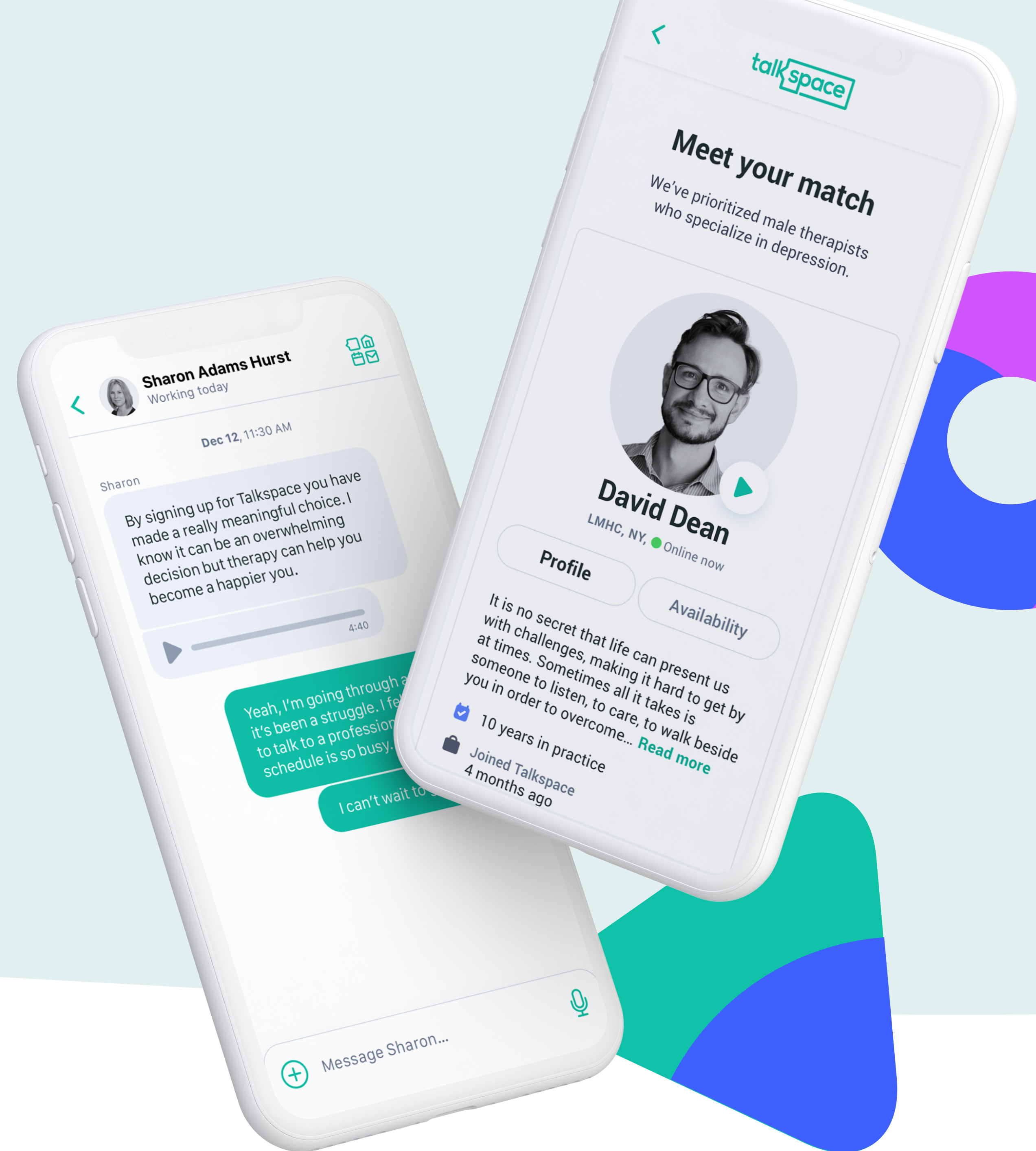




# Getting started with counseling



## Welcome to Talkspace

**Taking care of your mental health helps you show up as your best, most authentic self.**

Talkspace connects you with a licensed counselor so you can share what's on your mind, wherever you are, from the convenience of your phone or laptop. Tell us your preferences, and we'll match you with the best available therapist to get the conversation started.

## How it works

As soon as you register and are matched to your counselor, you can start sending unlimited text, voice, or video messages. Messages can be as short or as detailed as you'd like—they'll get back to you daily during their business hours. With certain plans, you can also book live sessions for real-time conversations.

The counselor you choose stays with you throughout your Talkspace journey (but if you're not feeling the connection, it's easy to switch). Talkspace's clinical network includes thousands of licensed and verified counselors who specialize in things like:

- |              |                   |                    |
|--------------|-------------------|--------------------|
| ✓ Stress     | ✓ Relationships   | ✓ Eating disorders |
| ✓ Anxiety    | ✓ Family conflict | ✓ Substance use    |
| ✓ Depression | ✓ Trauma & grief  | ✓ ADHD             |

## Ready to get started?

- To register, visit [roseman.edu/current-students/roseman-university-talkspace/](https://roseman.edu/current-students/roseman-university-talkspace/)
- Meet your personal counselor
- Start messaging in your private room or book a live session