

A close-up photograph of a person's hands holding a black smartphone. The person is wearing a blue, textured sweater. The background is a soft, out-of-focus light, suggesting an indoor setting with natural light. The overall tone is warm and supportive.

Need to share?
We'll be right there.

Text Message Therapy

Part of your Employee Assistance Program

Be right there (BRT). That's the kind of response you want when you or a family member is stressed or needs some help. It's even better when this support can be delivered right to your mobile phone.

That's why your free benefit, the Employee Assistance Program (EAP), now offers a way for you to connect with a therapist through text messaging. In seconds, you can find an expert that's the right match and start working through whatever is on your mind. All at a pace that fits your lifestyle.



Empower. Evaluate. Engage. Effect.

A private space to work through your challenges.

Everyone has times when life is overwhelming. Transitions, parenting, work, marriage, health, and finances can be a lot to bear from day-to-day. This constant stress can affect your physical and mental health, making it hard to operate at your best. That's where the advice, support and resources from an expert can help.

The EAP offers this free to you and your family members in the form of counseling or extensive online resources. Even better, you can now reach therapists via text and video messaging through a new partnership with Talkspace. Around-the-clock support through text, phone conversation or in-person makes anytime the perfect time to reach out.

Text message therapy includes:

Access to 2,000+ licensed therapists from a computer, smartphone or tablet device.

Ability to communicate with a chosen therapist via
Text message • Video message • Audio message

What's in it for you:

- Available anywhere/anytime
- Includes dependents, 18 yr.+
- No cost or insurance required
- Quality, proven way to treat depression, anxiety, stress, etc.
- No commutes or appointments
- Secure and confidential
- Immediate access to emotional support
- 1:1 relationship with licensed professional
- Easy access with a smartphone, tablet, or computer

Get started

Visit talkspace.com/E4EAP to get matched with a therapist that does counseling via text or call the EAP Help Line at 800-227-2195 to request any form of counseling.

Employees get a set amount of counseling sessions per life topic. Five days per week of texting equals approximately one EAP session.

Using text message therapy is completely anonymous. No matter how you connect with the EAP, your employer cannot identify that you specifically are using the service. Talkspace goes through rigorous security by design, rigid execution based on industry best practices, and validation by external auditing.

“ I never truly understood the power of therapy until I started to use Talkspace.”

How it works:

Visit talkspace.com/E4EAP

Follow the instructions to get matched with a therapist that does counseling via text.*

*Message and data rates apply

81%

of Talkspace users find it as effective as face-to-face therapy

Connect with a therapist in a new, convenient way.

800-227-2195



talkspace.com/E4EAP