

# Support when you need it – no appointment necessary

Now you can get the extra support you need in a way that works for you. With Talkspace, you can reach out to a licensed, in-network Emotional Wellbeing Solutions provider, 24/7.

## Here's how Talkspace can fit into your life

- Access Talkspace anytime, anywhere
- Find an Emotional Wellbeing Solutions provider with an online matching tool
- Start therapy within hours of choosing your provider
- Real-time, face-to-face video visits by appointment



To get started, call Optum Emotional Wellbeing Solutions at **800-622-7276** to activate prior to registering (first visit only), choose a provider and message anywhere, anytime.

**[talkspace.com/connect](https://talkspace.com/connect)**



iOs • Android • Desktop  
Voice • Video • Photo



After you register, download the Talkspace app on your mobile phone. Talkspace is supported by Chrome, Firefox, Safari or Edge browsers on your desktop computer.

Talkspace is your space to use in your time. It's private, secure, confidential and convenient. And it's covered under your Emotional Wellbeing Solutions benefits as a participating provider.

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This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

If you or someone you know is in crisis, seek safety and get help right away. If you or someone you know is in immediate danger, call 911 or go to the closest emergency room. To reach a trained crisis counselor, call the 988 Suicide & Crisis Lifeline (previously known as the National Suicide Prevention Lifeline) at 988 or 1-800-273-TALK (1-800-273-8255). You may also text 988 or chat at 988lifeline.org. The lifeline provides 24/7 free and confidential support.

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