

Talkspace is a service students embrace.

Convenient - Students can reach out to their counselors via unlimited text, audio, and voice messages from anywhere, at anytime – via our mobile app or computer.

Accessible - Students can message their counselors whenever they need – without ever having to make an appointment or tell anyone. Counselors engage daily, five days a week.

Personalized Care - Students are matched with counselors based on their unique needs and preferences. They have a **1 to 1** relationship with their Talkspace counselor.

Effective - Talkspace is effective in treating the common mental health concerns on campus, including stress, anxiety, depression, substance misuse, and other personal issues.

Stigma-Free - Students get the support they need without fear of being judged or punished. In a recent study, **Over 70%** of responding users chose Talkspace due to challenges to accessing therapy elsewhere.⁴

Give students the help they need, when they need it.

solutions@talkspace.com

Coronavirus support resources

- ❖ [Free therapist-led private Facebook support group](#) by Talkspace
 - Topical subgroup: [Cultivating Connection During COVID-19](#)
- ❖ [Daily Q&A with therapists](#) featured on Talkspace's Instagram
- ❖ The [Talkspace blog](#) features a number of free coronavirus-related posts to help guide readers through the challenges and feelings unique to this experience.
- ❖ [Love is Louder](#) - a JED Foundation program

Supporting mental health on campus

- ❖ [JED Campus](#)
- ❖ [Set to Go](#)
- ❖ [Mental Health First Aid: Higher Education](#)
- ❖ [ULifeline](#)