Something on your mind?

Talk to a dedicated therapist at home or on the go

With Talkspace online therapy, you can regularly communicate with a therapist, safely and securely from your phone or desktop. No in-person office visit required. Therapy is available for individuals age **13 or older**. Psychiatry services are provided for those age **18 and above**.

Here's how Talkspace can fit your life

With Talkspace, you can talk to a therapist no matter where you are.

- Support for anxiety, depression, PTSD, substance use disorders, eating disorders, compulsive disorders and other conditions
- Specialized clinicians deliver services across all 50 states and are matched to members based on location, needs and preferences
- Find a therapist with an online matching tool
- Start therapy within hours of choosing your therapist
- Choose real-time, face-to-face video visits by appointment
- Those age 18 and older can also access Talkspace Psychiatry to schedule live video sessions with a psychiatrist who can help create a tailored treatment plan

*Copayment may apply and will be charged via credit card.

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Administrative services provided by United HealthCare Services, Inc. or their affiliates.

If you are experiencing thoughts of suicide or if this is urgent and an emergency, call 911or 1-800-SUICIDE (784-2433) or 1-800-273-TALK (8255).

UMR does not recommend or endorse any treatment, medication, suggested approach, specific or otherwise. The information provided herein is for educational purposes only. For advice about specific treatments or medications, please consult your physician and/or mental health care provider. Certain conditions and restrictions may apply. Also, certain treatments may not be covered in some benefit plans. Check your health plan regarding your coverage of services.

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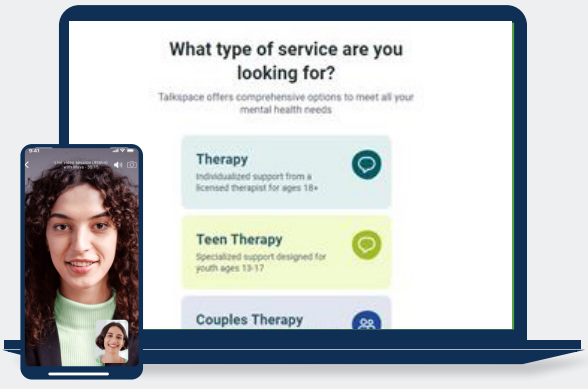
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Talkspace is convenient, safe and secure

Go to the landing page, **talkspace.com/connect**, select plan **UMR** under **Use my Insurance Benefits**, and click **Get Started**.

Talkspace is one of many network providers in the UnitedHealthcare behavioral health network. Please refer to the network directory for access to other providers.

Talkspace is covered under your plan's behavioral health benefits.*



Multi-channel access:

- iOS
- Android
- Desktop
- Voice
- Video