

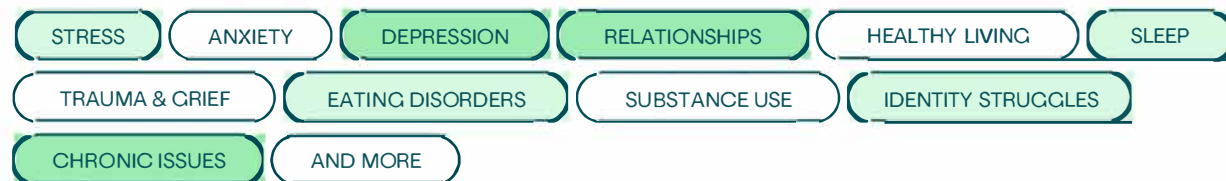
# Getting started with therapy

Talkspace is a digital space for private and convenient mental health support. With Talkspace, you are matched with a recommended, licensed provider based on your preferences, and can receive support day and night from the convenience of your device (iOS, Android, and Web).

## How it works

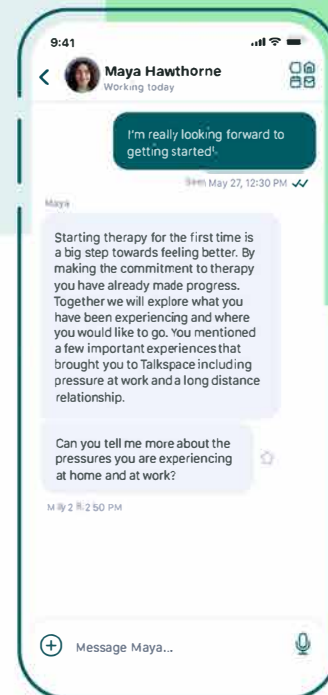
Within days of completing registration, you can begin to exchange unlimited asynchronous messages (text, voice, and video) with your dedicated therapist. Talkspace will match you with a licensed therapist based on your needs and preferences, usually within two days. Start sending your therapist messages (text, audio, or video) as often as you'd like, and your therapist will reply five days per week. If the first therapist we pair you with doesn't feel like a fit, it's easy to switch to a new one.

Talkspace's clinical network features thousands of licensed, insured, and verified clinical professionals with specialties ranging from behavioral to emotional and wellness needs, including:



## Talkspace can work for you

In a study of 10,000 member participants, 70% experienced significant symptom improvement and 50% fully recovered after 12 weeks of regular engagement with their Talkspace therapist.



### Ready to get started?

- SF SPCA Talkspace Plan: Unlimited messaging + 1 LVS monthly
- Visit [talkspace.com/sfspca](https://talkspace.com/sfspca)
- Answer questions about yourself and any challenges or concerns and we'll match you with a therapist licensed in your state. Begin messaging in your private digital care room, or schedule a live session

