

Therapy that's confidential, convenient, and no cost to you

Talkspace is a leading provider of virtual mental health care that partners with organizations to provide people convenient access to therapy and other forms of support. You can receive free Talkspace care through your workplace Employee Assistance Program (EAP). Learn how it works and how to get started.

How Talkspace works



Fast access

Answer a few questions about your needs and preferences through a private online assessment, then you'll be matched with a licensed provider.



Support on your schedule

Schedule live sessions based on your calendar (weekday, evenings, or weekends).



Messaging therapy

Prefer to text with a therapist? Communicate and receive support through ongoing messaging sessions.



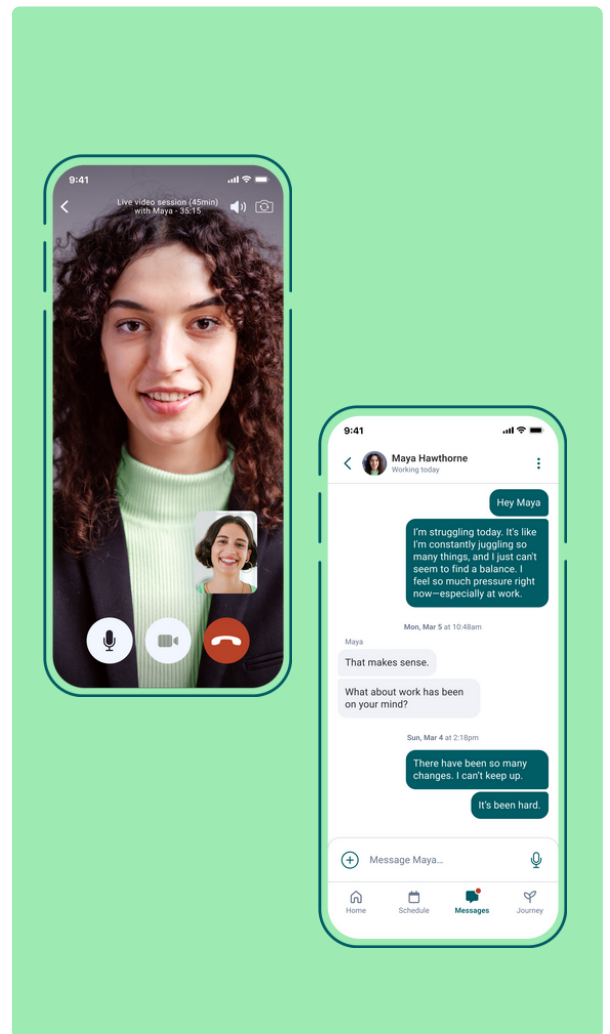
High-quality care

Talkspace providers are caring mental health professionals with specializations in more than 150 mental health conditions and treatment approaches.



Continue with your insurance coverage

Once you've completed the therapy sessions that are covered for free under your EAP you can choose to continue with your same therapist and pay with your insurance plan (Talkspace is in-network).



Ready to get started? Remember, it's 100% private, confidential and free.

Visit talkspace.com/sfspca