

# Get started with **therapy** and **self-guided support**

When you combine therapy with the Talkspace Go app you get the benefits of personalized support to work through challenges, while practicing proven techniques for building mental resilience.

## Therapy

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.



## Get started

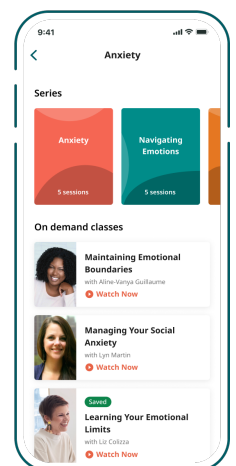
- CLIENT NAME Talkspace Plan: Unlimited messaging + 1 LVS monthly
- Visit [talkspace.com/sfspca](https://talkspace.com/sfspca) and enter keyword **SFSPCA26**
- Answer questions about yourself and any challenges or concerns and we'll match you with a therapist licensed in your state
- Begin messaging in your private digital care room, or schedule a live session



## Talkspace Go

The Talkspace Go app empowers you to take mental health into your own hands, in as little as five minutes a day.

To get started complete a quick online assessment designed to understand your mental, emotional, and relational health needs. Based on your responses, Talkspace Go recommends a personalized self-guided support plan from our library of 55+ guided counseling programs. You'll be given daily journal prompts, invited to anonymous live workshops with mental health clinicians, and receive suggested interactive courses you can complete at your convenience.



## Get started

- Download the Talkspace Go app from the App Store or Play Store.
- Sign up and create an account.
- Enter your organization code **SFSPCA26**
- Take the assessment at your convenience.

