Get started today

Visit talkspace.com/cigna to register and confirm benefit eligibility

Complete intake and assessment to see your curated list of therapist matches

Review professional profiles and choose your dedicated therapist

Create an account and download the app (iOS and Android) for easy future access

Messaging can begin the same day as registration

What is Talkspace?

Founded in 2012 with the mission to eliminate the stigma associated with mental health and make therapy available to all, Talkspace has been used by over one million people.

Convenient, safe and secure online therapy from any location

Learn more at talkspace.com/cigna
**Therapy from anywhere**

Talkspace is an online therapy service that connects users to a dedicated, licensed therapist via private messaging (text, voice, video) or live video session. The platform is fully HIPAA-compliant and uses banking-grade encryption to protect data.

Talkspace treats a wide range of behavioral conditions including depression, anxiety, relationships, PTSD, addiction, eating disorders and more.

**No office or commute needed**

Every user selects a dedicated therapist from a curated list of in-state matches. Users can regularly contact their dedicated therapist through text, voice and video message as life happens - anytime, anywhere. Therapists engage daily.

**A national network of therapists**

The Talkspace clinical network features thousands of licensed therapists across all 50 states. They are credentialed according to NCQA standards, and are master-level or higher clinicians.

70% of users participating in a recent study report improvement within 3 months on Talkspace. Learn more at research.talkspace.com.