Welcome to Talkspace

Aetna Resources For Living℠

What is Talkspace?

Talkspace is an online therapy platform that makes it easy and convenient for you to connect with a licensed behavioral therapist — from anywhere, at any time. With Talkspace, you can send unlimited text, video and audio messages to your dedicated therapist via web browser or the Talkspace mobile app. You can also schedule real-time 30-minute televideo sessions. No commutes, appointments or scheduling hassles.

To get started messaging a therapist:

- Log in to your member website and go to Services > Talkspace online therapy and select “Sign up for Talkspace”.
- Tell us your unique needs and preferences for therapy.
- You’ll be shown three potential providers based on your preferences.
- Choose a therapist and begin messaging the very same day.
- Remember: There’s no limit to the number of messages you can send your therapist each day.

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After you sign up:

- Use your free sessions:
  - One week of text therapy counts as one visit.
  - Each televideo session also counts as one visit.
- You'll continue to work with the same therapist unless you request to change providers.
- Your therapist will reply to your texts daily, during his or her business hours — five days a week.
- Whether on the go or at home, you can access Talkspace securely via your web browser or mobile app.

Taking care of your mental health can help you live a happier, healthier and more productive life — both on and off the job.

For additional information, please visit our **FAQ**.

800-342-8111 / TTY 711
resourcesforliving.com
Username: Calexico
Password: EAP

*Please note: Chat therapy is for individual counseling for members 13 years of age and older. Chat therapy should not be considered for meeting requirements for employment, school enrollment, disability or legal documentation. Chat therapy and televideo sessions in the same week count as multiple sessions.

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