



Getting started with

# Talkspace Go






Talkspace: Self-Guided empowers couples, individuals, and parents to take progress into their own hands, in as little as five minutes a day. Based on hundreds of research studies, our clinically supported programs utilize the most effective therapeutic approaches for anxiety, depression, burnout, and parenting.

## How it works

Individuals begin by completing a brief, 25-question assessment designed to get to the root of their mental, emotional, and relational health. Based on their responses, users receive a personalized plan drawn from our library of 55+ guided counseling programs.

## Features include

-  400+ self-guided and interactive courses
-  Anonymous live workshops led by therapists
-  Daily journal prompts

## Ready to get started?

1. Download Talkspace Go from the Apple App store or Google Play store
2. Sign up and create an account
3. Enter your organization code: **Surest**

