



In-network virtual EAP support for counseling and therapy



Talkspace offers private and convenient mental health support on your schedule. Engage in counseling, therapy, and medication services from the convenience of your device (iOS, Android, web).

All care is delivered virtually by a behavioral health clinician or medical professional. Talkspace's network includes thousands of licensed, insured, and verified therapists and prescribers who can treat a variety of needs.

The Talkspace difference

Our network stands out

Our diverse network includes full-time licensed providers in every state and represents over 184 areas of specialty.

Ready to get started?

- On a web browser, register at talkspace.com/firstchoicehealthcap
- Reach out to First Choice Health EAP for your company code
- Complete our QuickMatch™ provider finder tool to be matched with a dedicated clinician based on your preferences
- Schedule a live session or send a message right away



Our unique member experience

Personalized matching

Our QuickMatch™ experience uses a brief questionnaire and algorithm to match you with the best available provider based on your location and needs.

Convenient access

Get matched with a licensed provider and begin communicating. Providers typically respond once per day during their set business hours.

Ease of communication

Send private messages or book live sessions at a time that works for you. Message and live session modalities can be text, voice, or video.

Self-guided exercises

Meditation, journaling, and in-app exercises are available for individuals, couples, and families to use anytime, anywhere.

