



Support on your schedule

Sometimes reaching out for emotional support can feel like one more thing to add to your to-do list. Chat therapy lets you work with a counselor anytime and just about anywhere. It's as easy as 1-2-3 to get started. Simply:

1. Complete a short online questionnaire.
2. You'll be matched with a therapist within 48 hours.
3. Connect with your counselor virtually.

Share text, video or audio messages with your counselor whenever you like. Your counselor will respond within one working day up to five days a week. Chat therapy can help you:

- Lower your stress even when life keeps you super-busy
- Make time for self-care
- Set and work toward your goals

Give us a call to learn more and get started. Or log on to your member website and select [Services > Talkspace online therapy](#).

*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.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. Chat therapy services are provided and managed by Talkspace, Inc., an independent third party. Resources For Living does not oversee or control the services provided by or recommended by Talkspace and does not assume any liability for their services. EAP instructors, educators and participating providers are independent contractors and are not agents of Resources For Living. Provider participation may change without notice.