

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



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.

WHAT IS TALKSPACE?

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 credentialled according to NCQA standards, and are master-level or higher clinicians.



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