talkspace



talkspace

you're looking for help

today.

A traumatic experience (past or pre

navigating addiction or difficulty with bstance abuse

I'm dealing with stress at work or school

I'm feeling anxious or panicky

I'm having difficulty in my relation

I'm feeling down or depressed

Something else

eQ.

Quick Start Guide: How to Register for Talkspace Therapy

Talkspace is available to City of Memphis team members and their dependents, ages 13+ for **NO COST.** Follow these quick and easy steps to get started on your mental health today!

Step 1

Scan the QR code or visit talkspace.com/memphis on a web browser and enter your email and the keyword either *MemphisFire* or *MemphisEmployees* click Get Started to create an account for therapy.



Step 2 You'll be asked to share some

information so we can verify the details. Enter your details

To verify your cove enter your inf	rage and cost, please ormation below.
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First name	Last name
ate of birth	
MM/DD/YYYY	
hone number	
••• (000) 000-0	000
et us know who you are	0
Select	~
Inganization name 🛛	
Enter name	
iow did you hear about u	17
Select	~
matO	
Email	
I verify that the above am eligible for this bee member.	statements are truthful and I nefit or an eligible family

Step 3

Answer a series of questions about your needs and preferences, and we'll match you with a mental health provider that's right for you.

Questions include:

- How would you rate your sleeping habits?
- How would you rate your current physical health?
- What gender do you identify with?
- What state do you live in?
- What gender do you prefer in a provider?

Step 4 Meet your provider! Get to know your provider better by reading their profile.



Step 5 Open your private room and complete your informed consent and treatment intake in just a few minutes..



Step 6

You're ready to go! Start messaging your therapist right away, or book a live session to meet with them via audio or video.



