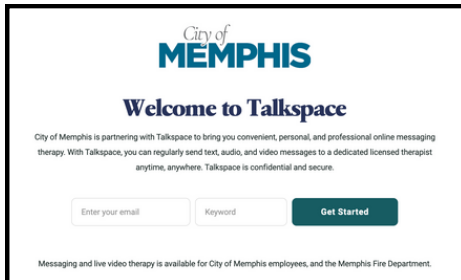


Quick Start Guide: How to Register for Talkspace Therapy

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!

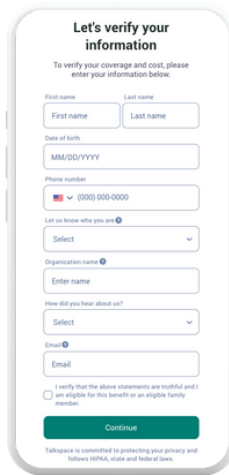
Step 1

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.



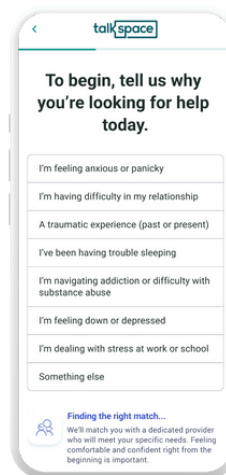
Step 2

You'll be asked to share some information so we can verify the details. Enter your details



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.

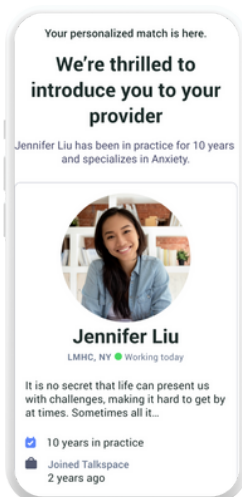


Questions include:

- 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?

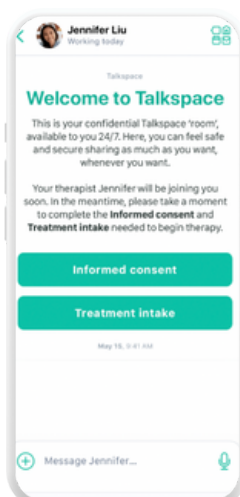
Step 4

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.

