

# Mind your mental health with Talkspace messaging therapy

Mental health affects every aspect of our lives. In the workplace, where stress and deadlines can take a toll, it's especially important to pay attention to your well-being.

## What is messaging therapy?

Magellan is offering confidential messaging therapy, provided by Talkspace, at no cost to you. Messaging therapy enables you to send a message to your therapist anytime via your web browser or the mobile app.

## How does it work?

You'll have access to one of more than 3,000 licensed therapists who are trained to be empathetic and use evidence-based clinical approaches. You can send your therapist a secure message whenever you need to, and they will typically engage daily five out of seven days a week. To get the best results plan to engage with your therapist at least three times during the week, from wherever you are!

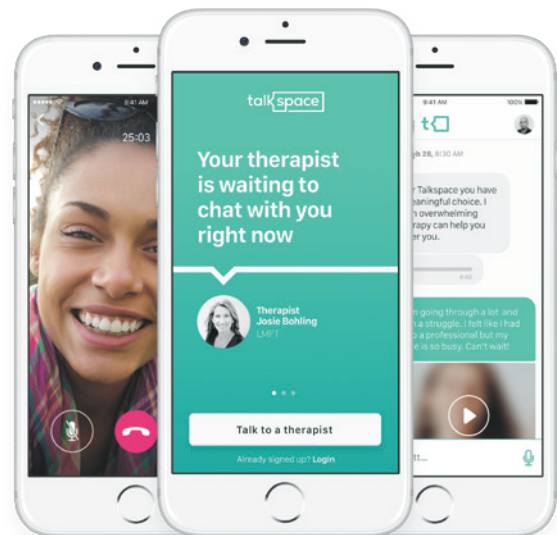
## What's in it for you?

- ✓ Engage with a licensed therapist the same day that help is needed, not weeks later
- ✓ Get matched to a therapist based on your unique needs
- ✓ Develop a one-on-one relationship with the same therapist throughout your engagement

## Get started today

Ready to begin improving your mental well-being?

Visit [talkspace.com/magellan](https://talkspace.com/magellan) and click on "GET STARTED" to get matched to a therapist. Complete the brief profile questions and provide your employer name to obtain access to complimentary, online Talkspace messaging therapy sessions.



*"I absolutely love the ability to text, video message, or voice message whenever I need support. The growth I have experienced is more than I was able to get from numerous face-to-face therapist visits."*

*– Amanda, Talkspace User*



**BeWell Program**  
**1-800-424-4039**