



Getting started with

Talkspace Go



Talkspace: Self-Guided empowers couples, individuals, and parents to take progress into their own hands, in as little as five minutes a day. Based on hundreds of research studies, our clinically supported programs utilize the most effective therapeutic approaches for anxiety, depression, burnout, and parenting.

How it works

Individuals begin by completing a brief, 25-question assessment designed to get to the root of their mental, emotional, and relational health. Based on their responses, users receive a personalized plan drawn from our library of 55+ guided counseling programs.

Features include

-  400+ self-guided and interactive courses
-  Anonymous live workshops led by therapists
-  Daily journal prompts

Ready to get started?

1. Download Talkspace Go from the Apple App store or Google Play store
2. Sign up and create an account
3. Enter your organization code: **Surest**

