

Free Online Psychiatry and Counseling Services



For GatorCare members only

Talkspace is your digital space for private and convenient mental health support - at no cost to you. With Talkspace, you can receive counseling, therapy, and medication services from the convenience of your device (iOS, Android, and Web).

All care is led by a behavioral health clinician or medical professional. Talkspace's network features thousands of licensed, insured, and verified therapists and specialized prescribers who can support a variety of needs—including, but not limited to:

- ✓ Stress
- ✓ Anxiety
- ✓ Depression
- ✓ Eating disorders
- ✓ Substance use
- ✓ Sleep
- ✓ Identity struggles
- ✓ Chronic issues
- ✓ Trauma & grief
- ✓ Relationships
- ✓ Healthy living
- ✓ And more

Counseling and therapy (13+)

Get matched with an available therapist and begin messaging (text, voice, and video) within days of registration. Providers are recommended to engage daily during their business hours. Video appointments can also take place within days.

*Appointment scheduling is based on your availability and preferences

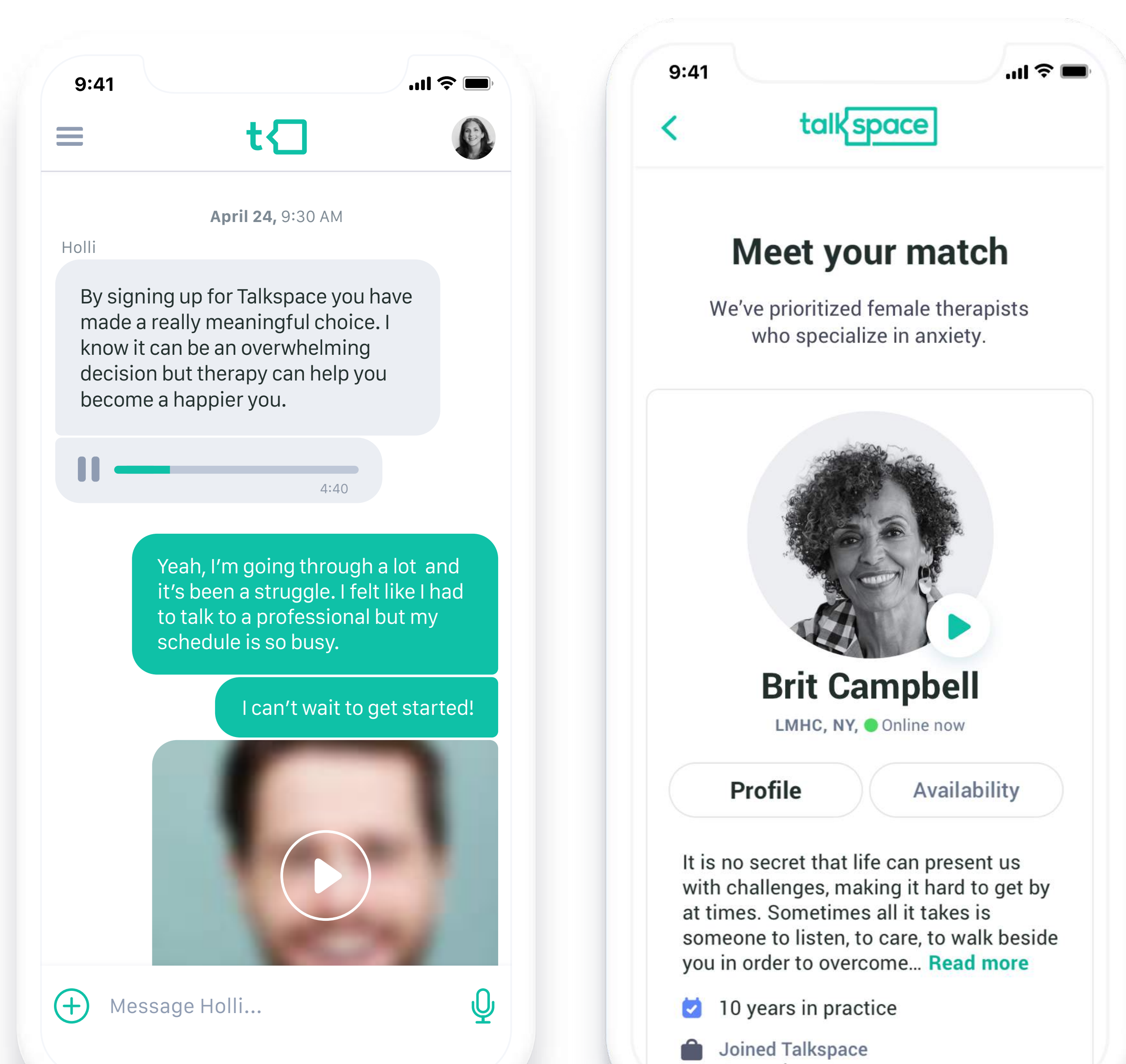
Medication evaluation and management (18+)

Find an available psychiatric prescriber in days. With Talkspace Psychiatry, you can schedule video appointments with an in-state, licensed provider who specializes in psychiatric evaluation. You'll meet virtually within days of booking (messaging sessions are not available).

Additional services

All members have access to Talkspace education and self-help tools to complement your mental health journey. Designed by clinical experts, exercises are interactive, therapeutic, and easy to use.

Meditation • Journaling • Reflections • Positive Thinking



Ready to get started?

- On a web browser, register at talkspace.com/GatorCare
- Complete our QuickMatch™ provider finder tool to be matched with a dedicated clinician based on your preferences
- Schedule a live session or send a message right away

Questions?

Submit a request at [this link](#) or visit your [benefit FAQ page](#).



Scan QR code
to get started!