

Talkspace

New Directions

UF Health

Service Offered

Counseling

Counseling

Counseling

Virtual vs. In-Person Visits

Virtual visits only

In-person visits only

In-person and virtual visits, per office

Cost of Service

Free

Specialist copay applies*

Specialist copay applies*

How to Access

Sign up for free at talkspace.com/gatorcare. If already seeing a Talkspace psychiatrist, speak with your psychiatrist about enabling counseling services on your account.

Call New Directions at 866-287-9569 for a list of counselors in your area. Contact the providers directly to schedule an appointment.

A referral may be required from your primary care provider (PCP). Contact your PCP to request a referral (UF Health providers can be reached at 352-733-0111 or via [MyUFHealth](#)).

Time Frame

Initial enrollment in Talkspace may take up to 30 days from date of hire. Upon enrollment, counseling services will be available to you.

A waiting list may apply. Contact New Directions at 866-287-9569 for assistance in finding a provider.

A waiting list may apply. Contact UF Health scheduling at 352-733-0111 to determine appointment availability.

*View [plan details](#) regarding copays and deductible