

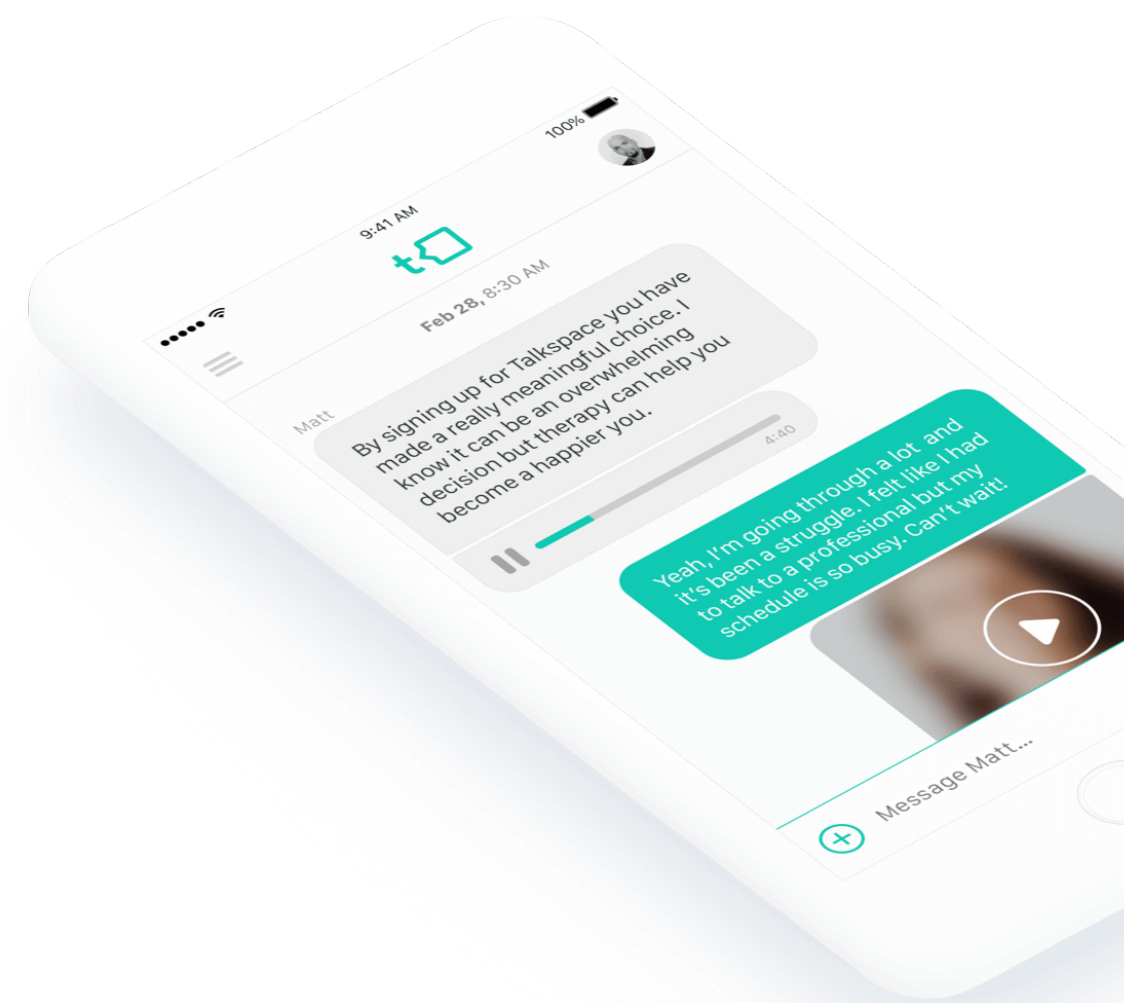


WELCOME TO TALKSPACE!

Alliant has partnered with Talkspace to offer you complimentary access to Talkspace online therapy.

What is Talkspace?

Talkspace is an online therapy platform that makes it easy and convenient for you to connect with a licensed behavioral therapist from anywhere, at any time. With Talkspace, you can send unlimited text, video, and audio messages to your dedicated therapist via web browser or the Talkspace mobile app. No commutes, appointments, or scheduling hassles.



How Talkspace Works

Tell us what you're looking for

First, we need to know your needs and preferences for therapy. Keep in mind that Talkspace is confidential, secure, and private.

Get matched

Our algorithm suggests 3 potential therapists based on your preferences. Select your ideal match, and begin therapy the very same day.

Message with your therapist - on your schedule

Send unlimited text, video, and audio messages to your therapist, whenever works best for you. Your therapist will check in daily, 5 days per week. Remember that you'll always connect with the same therapist, unless you request to switch.

Visit talkspace.com/Alliant to create your account

- You'll never need to make an appointment or reschedule it because something came up.
- Whether on the go or at home, you can access Talkspace securely via web browser or mobile app.
- Complimentary, ongoing access to Talkspace is available to employees and their dependents (13+).

Taking care of your mental health can help you live a happier, healthier, and more productive life.

For additional information, please visit talkspace.com/Alliant