

# Connect with a therapist — anytime, anywhere

Your MAP offers faster access to counseling when you need it



If you or a loved one is struggling with life's challenges, finding a mental health professional to talk to quickly can make a big difference. That's why your Anthem Member Assistance Program (MAP) is offering Talkspace, a service that provides confidential counseling by text, audio, or video — whatever way feels right for you.

## Find support for:

- Anxiety
- Depression
- Grief
- Relationships
- Sleep
- Stress
- Substance use
- Trauma

## You'll benefit from:



### Personalized match

Talkspace QuickMatch™ pairs you with a therapist who fits your needs and preferences. That helps you feel comfortable from the start.



### 24/7 access

Message your therapist via text, audio, or video whenever something comes up — or schedule a virtual visit to connect in real time.



### Experience you can count on

Talkspace includes a diverse network of professional licensed therapists in every state who treat a variety of needs.



## Sign up for Talkspace today

- Use a web browser to register at [talkspace.com/associatecare](https://talkspace.com/associatecare).
- Enter the letters "EAP", a space, and TCU in the "Organization name" field.
- Complete the QuickMatch provider finder questions.
- Await your provider match, then send a message or schedule a virtual session.

## Your MAP is here with support, whatever your needs

You and your household members can get confidential support through your Anthem MAP. Connect to helpful tools, resources, and information, as well as to financial and legal advisors. Go to [anthemEAP.com](https://anthemEAP.com) and enter TCU.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (National Suicide Prevention Lifeline) and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. Talkspace does not offer emergency services.

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