



Resources *for* Living®

Emotional support on your schedule just got easier

With chat therapy you can work with a counselor anytime and just about anywhere. It's as easy as 1-2-3. Simply:

1. Complete a short online questionnaire.
2. You'll be matched with a therapist within 48 hours.
3. Connect with a counselor virtually with chat therapy and/or live sessions.*

Live sessions

Meet with your therapist online at a set time for a 30-minute session. Each session counts as one visit.

Chat therapy

Share text messages with your counselor, who will respond daily up to five days a week. Each week of therapy counts as one session. Without making an appointment or driving to a provider's office, chat therapy can help you:

- Get support even when life keeps you super-busy
- Make time for self-care
- Set and work toward your goals

You can continue to access chat therapy services after you have completed your EAP (or pre-paid) sessions. Please email RFL-support@talkspace.com for information on how to continue receiving services and to see if a discount is available. Give chat therapy a try today.

*Please note: Individual counseling for members 13 years of age and older. Talkspace should not be considered for meeting requirements for employment, school enrollment, disability or legal documentation. Chat therapy and live sessions in the same week count as multiple sessions.

Watch a short video to learn more.

Chat therapy makes it easy to reach out for support.

Visit our website and click [Services >](#) Talkspace online therapy to learn more and get started today.

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