

Welcome to Talkspace



Taking care of your mental health helps you show up as your best, most authentic self

Over the last decade, Talkspace has supported more than 2.9 million adults, teens, and couples with counseling and therapy services. You'll be connected with a licensed counselor so you can share what's on your mind, wherever you are, from the convenience of your phone or laptop.

How it works

Tell us about your provider preferences, then pick your counselor from a list of matches. Start your therapy by sending text, voice, or video messages — messages can be as short or as detailed as you'd like. Counselors respond daily during their business hours, which often includes weekends. You can also book live sessions for real-time conversations.

The counselor you choose stays with you throughout your Talkspace journey (but if you're not feeling the connection, it's easy to switch). Talkspace's clinical network includes thousands of licensed and verified counselors who specialize in things like:

- Stress
- Relationships
- Eating disorders
- Identity struggles
- Anxiety
- Healthy living
- Substance use
- ADHD
- Depression
- Trauma & grief
- Sleep
- and more

Ready to get started?

- To register, visit talkspace.com/BeaconEAP and enter your "organization name": **IBEW Local 640**
- Complete our QuickMatch™ questionnaire to share your preferences
- Review the matches we find for you and choose your personal counselor
- Start messaging in your private digital room, or book a live session

Your EAP offers 1-6 counseling sessions per issue per year. Flexible Access: One live video or audio counseling appointment is considered one session or you can utilize one week of unlimited text messages to your Talkspace counselor as one session.

If you have any questions, please call **877-219-3971**

