

Messaging therapy

Behavioral health care anytime, anywhere

Magellan has partnered with Talkspace to offer a convenient, clinically proven way to help members manage their behavioral health needs. Talkspace is an online messaging-based therapy platform that connects members to licensed, credentialed therapists. Talkspace therapists have a proven track record of using messaging therapy to help members deal with a variety of conditions, including anxiety, depression, substance use, panic disorders, and obsessive-compulsive disorder—all of which can be debilitating if left untreated.

Getting help is hard. It doesn't have to be.



Traditional in-person therapy can be difficult to arrange, time-consuming and expensive. Members don't need to make appointments, miss time from work, or spend hours searching for a therapist. They'll be matched with a therapist within 24 hours and can start therapy the same day using a web browser or the Talkspace mobile app.



Lack of appointment availability or coverage in remote areas limits access. Members don't have to worry about appointments or whether a therapist is nearby. Therapists can be messaged from anywhere, at any time and engage members at least five days per week. Messages are sent securely via text, audio or video within the online platform or app.



Members may be afraid and ashamed to reach out for help. Talkspace is secure, confidential and HIPAA-compliant. Members are matched to therapists based on their unique needs. A dedicated therapist relationship allows members to connect and be at ease with their therapist during the course of treatment.

Add Talkspace to your behavioral health benefits

Mental health issues are a significant and growing concern, driving emergency and inpatient costs. Making access to behavioral health treatment more convenient and easily accessible can help improve the lives of members and your bottom line. Please contact us at gensales@magellanhealth.com to learn more.



Based on a Talkspace and Columbia University study of Talkspace users:

90%

prefer Talkspace over traditional therapy.

81%

found Talkspace as effective or better than traditional therapy.

70%

chose Talkspace due to challenges accessing therapy elsewhere.