Higher Ed EAP
A division of ESI

800.252.4555
www.HigherEdEAP.com



EAP Benefit

Talkspace Go

Talkspace Go is a free EAP benefit for you and eligible family members aged 13+. It's a mobile app you can use to **improve your mental health and well-being in just 5 minutes a day!** Get help for relationships, parenting, depression, and much more.

Features included

Self-guided programs for individuals, couples, and parents. Build mental well-being through personalized courses, daily journaling, and weekly live classes with therapists.

- 400+ self-guided, interactive courses
- Live weekly therapist-led anonymous group classes
- Assessments, meditation exercises, journaling, & reminders
- Address anxiety, stress, burnout, trust, & more

Check it out!

- Download Talkspace Go from the Apple App store or Google Play by scanning the QR Code below.
- Sign up and create an account
- Enter your organization's code: **ESIEAP**

How it works

First, you answer a series of questions to get to the root of your issues. Based on your responses, you'll get a personalized, self-paced course from our library of counseling programs.

