

Messaging therapy

A new solution for emotional wellbeing

Mental health issues are a significant and growing concern for employers with businesses losing \$300 billion in annual productivity due to untreated mental health issues.¹ Employers who make mental wellness more easily accessible can help improve the lives of their employees and their bottom line.

With almost 50 years of experience in employee assistance programs, Magellan is committed to providing our clients with enhanced access to care.

Seeking help is harder than it should be

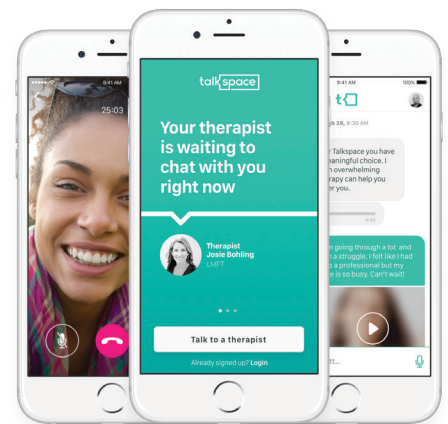
- Traditional in-person therapy can be intimidating, difficult to arrange, time-consuming and expensive.
- Many employees are afraid and ashamed to reach out for help. They live with conditions like anxiety, depression, and substance use, panic and bipolar disorders, all of which can be debilitating if not treated.
- For some employees, a lack of appointment availability or coverage in remote areas may cause access difficulties.

Add messaging therapy to your mental wellness program

Magellan's Talkspace offering is affordable, confidential and anonymous messaging therapy designed for how employees live today. Talkspace therapists have a proven track record of using messaging therapy to deal with employee depression, anxiety, and the unique challenges of being a veteran or a member of the LGBT community.

- Employees engage with a therapist the same day that help is needed, not weeks later.
- Employees are matched to one of over 1,500 licensed, independent therapists based on their unique needs.
- Employees benefit from a one-on-one relationship, working with the same therapist throughout their treatment.

Contact us today for a Talkspace demonstration.



"I absolutely love the ability to text, video message, or voice message whenever I need support. The growth I have been able to accomplish in less than a year is far more than I ever was able to get to visiting a therapist in person for years on end."

- Amanda, Talkspace User

1. Levit KR, Kassed CA, Coffey RM, Mark TL, McKusick DR, King E, Vandivort R, Buck J, Ryan K, Stranges E. Projections of National Expenditures for Mental Health Services and Substance Abuse Treatment, 2004 – 2014. SAMHSA Publication No. SMA 08-4-326. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2008.