

YOUR MENTAL HEALTH
MATTERS.

Introducing Talkspace

New therapy benefit for St.
Clair County residents

**CARE FOR YOUR MENTAL
HEALTH WITH 3 MONTHS OF
FREE ACCESS TO TALKSPACE**

St. Clair County residents, ages 14
and older, now have access to
online therapy at no cost to them.
This includes unlimited messaging,
as well as the option to schedule
one live session per month with
your Talkspace therapist for three
months. Plus other valuable
resources at your fingertips!

Visit: scccmh.org/talkspace and
click "Registration" to get started.



**St. Clair County
Community Mental Health**
*Promoting Discovery & Recovery Opportunities
for Healthy Minds & Bodies*



scccmh.org/talkspace

*Talkspace is brought to the community in part by
grant funding from the City of Port Huron.*



Talkspace

Additional support for your mental health and overall well-being

Talkspace is a digital mental health service that connects you to thousands of dedicated providers from a secure, HIPAA-compliant platform. With Talkspace therapy, you can send your therapist text, voice, or video messages - anytime, anywhere - including the comfort of your home. Live sessions are also available.

Open to St. Clair County residents, ages 14 and older, at no cost to you. This service includes unlimited messaging, as well as the option to schedule one live session per month with your Talkspace therapist for three months. Plus other valuable resources.

To learn more visit scccmh.org/talkspace



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Talkspace: Self-Guided

Empowering parents, individuals, and couples to take progress into their own hands, in as little as five minutes a day.

Clinically supported programs utilizing the most effective therapeutic approaches for anxiety, depression, burnout, and parenting.

Receive a personalized plan drawn from a library of more than 55 guided counseling programs

- 400+ self-guided and interactive courses LIVE
- Workshops and classes, 5-6 days a week
- Daily journaling and reflection prompts

Get started today!

Download Talkspace: Self-Guided from your App store, create an account, and use organization code: **scccmh** to begin use.

Access available for one year.

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