talkspace

SOMETHING ON YOUR MIND?

We can help

With Talkspace online therapy, you can message a dedicated therapist of your choosing via mobile app or web. No office visit required. Choose your therapist today.

Get started at

talkspace.com/cigna

talkspace

How can a therapist help me?

What is a therapist?

A therapist, or psychotherapist, can help you develop better cognitive and emotional skills, cope with various challenges and reduce symptoms of mental health conditions. A therapist listens and offers unbiased support. Many people seek help for a variety of concerns: anxiety, depression, stress, management of physical health issues, grief, PTSD, addition and relationship difficulties.

To legally practice one or more types of therapeutic approaches, a therapist needs a master's level education and a license. A license, like the ones below, allows a therapist to work with clients in the state the license was received.

Doctor of Psychology [Psy.D.]
Licensed Clinical Social Worker [LCSW]
Licensed Marriage and Family Therapist [LMFT]
Licensed Mental Health Counselor [LMHC]
Licensed Professional Counselor [LPC]

A Licensed Therapist

Helps

- change maladaptive behaviors and thinking
- manage symptoms of mental illness
- manage crises, grief, trauma and breakups
- you understand yourself and others

Teaches

- emotional, cognitive and communication skills
- emotional and relational conflict resolution
- self-help skills, such as thinking exercises
- how to improve and build relationships

Analyzes

- present issues
- the influence of the past on the present
- mental health conditions

Want to learn more?

Visit **talkspace.com/cigna** to begin an assessment.