



Talkspace Launches “Chapters” — A Comprehensive Program Supporting Women’s Mental Health Across Every Stage of Life

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Program will advance equitable, accessible mental health care for women by integrating specialized clinical expertise with Talkspace’s virtual care platform

NEW YORK--(BUSINESS WIRE)--Nov. 10, 2025-- Talkspace, a leading online behavioral health company, today announced the launch of Chapters by Talkspace, a new clinical program designed to address the unique mental health and wellness needs of women throughout their lifespan.

Chapters delivers tailored care across women’s life stages, offering personalized treatment pathways that adapt to individual needs. Its comprehensive approach is designed to fill longstanding gaps in the mental health system and covers the key phases of life, from adolescence and young adulthood to fertility and family planning, pregnancy and postpartum, midlife and menopause, and later life and caregiving.

“Women’s lives are defined by transitions — biological, relational, and social,” said Dr. Nikole Benders-Hadi, Talkspace’s Chief Medical Officer. “Our program was built to honor that complexity. Whether someone is navigating adolescence, new motherhood, or menopause, their care should be informed by their experiences and rooted in understanding. Chapters allows us to offer that full spectrum of support in a clinically rigorous, compassionate way.”

Across the U.S., women face a disproportionate burden of mental health challenges, often receiving care that fails to account for their unique experiences and life transitions. At least [one in five women](#) experience a diagnosable mental health condition each year, and they are nearly [twice as likely as men](#) to develop anxiety or depression. This disparity is particularly acute during key life phases, as postpartum depression [affects one in eight new mothers, and approximately 20% of women experience mental health symptoms linked to hormonal changes during menopause](#). These powerful statistics underscore the urgent need for specialized programs like Chapters.

Chapters integrates Talkspace’s virtual care infrastructure with a clinical model built specifically around the social, biological, and psychological factors that affect women’s mental health. Clients are identified through Talkspace’s intake and screening process and then guided into care pathways designed to reflect their current life stage and presenting concerns.

Within each pathway, clients work one-on-one with clinicians trained in women’s mental health who provide online therapy using established, evidence-based modalities such as cognitive behavioral therapy (CBT), interpersonal therapy (IPT), and mindfulness-based approaches.

Chapters understands that women’s mental health needs are complex and span across different stages of life, not beginning or ending at a single point. The program is grounded in research and Talkspace’s clinical expertise, designed to support women in understanding how the intersection of physical health, hormonal shifts, identity, and societal expectations impacts their mental health. To ensure consistent, high-quality care, clinicians access evidence-based toolkits and resources spanning all stages of women’s lives. The program provides both clinical precision and individualized support by combining standardized assessments, structured care planning, and real-time measurements to track progress and outcomes.

This integrated model is also designed to benefit Talkspace’s women’s health partners, including Tia Health, The Lactation Network, as well as our Women’s Coalition partners Ovia Health, Conceive, Evernow, FitOn, Nurx, Cove, and Nutrium. By identifying women earlier in their care journeys and addressing issues before they escalate, Chapters helps improve clinical outcomes, reduce costs, and promote equity in access to care.

Addressing a growing demand for women’s mental health services that address the unique barriers to care, such as caregiving burdens, reproductive health concerns, and cultural stigma, Chapters bridges these systemic gaps by offering a continuum of care that recognizes both shared and distinct experiences across the lifespan.

The Chapters program is now available to Talkspace members nationwide and is covered by most major insurers that partner with Talkspace. Individuals will also have the ability to self refer themselves into the program.

For more information, visit www.talkspace.com/chapters

About Talkspace

Talkspace (NASDAQ: TALK) is a leading virtual behavioral healthcare provider committed to helping people lead healthier, happier lives through access to high-quality mental healthcare. At Talkspace, we believe that mental healthcare is core to overall health and should be available to everyone.

Talkspace pioneered the ability to text with a licensed therapist from anywhere and now offers a comprehensive suite of mental health services, including therapy for individuals, teens, and couples, as well as psychiatric treatment and medication management (18+). With Talkspace’s core therapy offerings, members are matched with one of thousands of licensed therapists within days and can engage in live video, audio, or chat sessions, and/or unlimited asynchronous text messaging sessions.

All care offered at Talkspace is delivered through an easy-to-use, fully-encrypted web and mobile platform that meets HIPAA, federal, and state regulatory requirements. Most Americans have access to Talkspace through their health insurance plans, employee assistance programs, our partnerships with leading healthcare companies, or as a free benefit through their employer, school, or government agency.

For more information, visit www.talkspace.com

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