



## Talkspace Named “Most Comprehensive” in Verywell Mind’s 2023 Online Therapy + Wellness Awards

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NEW YORK--(BUSINESS WIRE)--Oct. 12, 2023-- [Talkspace](#) (NASDAQ: TALK), a leading online behavioral health company, has been named “Most Comprehensive” in Verywell Mind’s third annual Online Therapy + Wellness Awards, which honor the 26 best digital services and platforms that help millions care for their mental wellbeing.

“Since Talkspace entered the market more than 10 years ago, we have strived to provide consistent and convenient access to high-quality therapy for millions of Americans, while expanding our services to include psychiatry and, more recently, clinically-backed self-guided tools,” said Katelyn Watson, Chief Marketing Officer at Talkspace. “With so many apps for people to choose from, we are truly honored to be recognized by such a credible and trusted source of health and wellness information.”

Verywell Mind evaluated and personally tested more than 100 apps and services on top criteria consumers consider when choosing a service, including cost, ease of use, availability, quality, and more.

For more information on the Verywell Mind Online Therapy + Wellness Awards and to read more about the list of winners, click [here](#). For Verywell Mind’s full review of Talkspace, click [here](#).

### About Talkspace

Talkspace (Nasdaq: TALK) is a leading virtual behavioral healthcare company 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 healthcare 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 from self-guided products to individual and couples therapy, in addition to psychiatric treatment and medication management. With Talkspace’s core psychotherapy offering, members are matched with one of thousands of licensed providers across all 50 states and can choose from a variety of subscription plans including live video, text or audio chat sessions and/or asynchronous text messaging.

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. Talkspace covers approximately 110 million lives as of June 30, 2023, through our partnerships with employers, health plans, and paid benefits programs.

For more information, visit [www.talkspace.com](http://www.talkspace.com).

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