Prospectus Supplement No. 3 (To Prospectus dated March 14, 2022)

PROSPECTUS FOR 88,045,644 SHARES OF COMMON STOCK AND 12,780,000 WARRANTS TO PURCHASE SHARES OF COMMON STOCK AND 33,480,000 SHARES OF COMMON STOCK UNDERLYING WARRANTS OF TALKSPACE, INC.

This prospectus supplement updates, amends and supplements the prospectus dated March 14, 2022 (as supplemented or amended from time to time, the "Prospectus"), which forms a part of our Registration Statement on Form S-1 (Registration No. 333-257686). Capitalized terms used in this prospectus supplement and not otherwise defined herein have the meanings specified in the Prospectus.

This prospectus supplement is being filed to update, amend and supplement the information included in the Prospectus with the information contained in our Report on Form 8-K filed with the SEC on May 11, 2022, which is set forth below.

This prospectus supplement is not complete without the Prospectus. This prospectus supplement should be read in conjunction with the Prospectus, which is to be delivered with this prospectus supplement, and is qualified by reference thereto, except to the extent that the information in this prospectus supplement updates or supersedes the information contained in the Prospectus. Please keep this prospectus supplement with your Prospectus for future reference.

Talkspace, Inc.'s common stock and warrants are quoted on the Nasdaq Global Select Market under the symbols "TALK" and "TALKW," respectively. On May 16, 2022, the closing prices of our common stock and warrants were \$1.18 and \$0.11, respectively.

INVESTING IN OUR SECURITIES INVOLVES CERTAIN RISKS. SEE "RISK FACTORS" BEGINNING ON PAGE 5 OF THE PROSPECTUS.

Neither the Securities and Exchange Commission nor any state securities commission has approved or disapproved of these securities or determined if the Prospectus or this prospectus supplement is truthful or complete. Any representation to the contrary is a criminal offense.

The date of this prospectus supplement is May 17, 2022

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT PURSUANT TO SECTION 13 OR 15(D) OF THE SECURITIES EXCHANGE ACT OF 1934 Date of Report (Date of earliest event reported): May 9, 2022

Talkspace, Inc. (Exact name of registrant as specified in its charter)

(I.R.S. Employer Identification No.) (State or other jurisdiction (Commission File Number) of incorporation)

Address Not Applicable

Address Not Applicable

(Zip Code)

(Address of principal executive offices)

(212) 284-7206 (Registrant's telephone number, including area code)

Not Applicable (Former name or former address, if changed since last report)

	Check the appropriate box below if the Form 8-K is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:			
	Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)			
	Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)			
	Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))			
	Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))			
Securities registered pursuant to Section 12(b) of the Act:				
Title of each class		Trading Symbol(s)	Name of each exchange on which registered	
Common stock, \$0.0001 par value per share		TALK	Nasdaq Global Select Market	
Warrants to purchase common stock		TALKW	Nasdaq Global Select Market	
Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter). Emerging growth company If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new				
	or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act. □			

Item 5.02. Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers.

Effective as of May 9, 2022, the Board of Directors (the "Board") of Talkspace, Inc. (the "Company") approved the grant of an equity award (the "Award") under the Company's 2021 Incentive Award Plan (the "Plan") to Douglas Braunstein for his continued services as interim Chief Executive Officer. The Award is composed of (i) a non-qualified stock option to purchase 640,000 shares of the Company's common stock ("Common Stock") and (ii) a restricted stock unit award with respect to 1,650,000 shares of the Company's Common Stock. The Award shall vest and become exercisable (as applicable) with respect to 50% of the underlying shares on May 15, 2022, and, with respect to the remaining 50% of the underlying shares, in six equal monthly installments on each of the first six monthly anniversaries of May 15, 2022 (such that the Award shall be fully vested on November 15, 2022), subject to Mr. Braunstein's continued service as interim CEO through the applicable vesting date. Additionally, in the event of a Change in Control (as defined in the Plan) prior to November 15, 2022, any unvested portion of the Award will accelerate and vest in full, subject to Mr. Braunstein's continued status as interim CEO until immediately prior to the occurrence of such Change in Control.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, hereunto duly authorized.

Talkspace, Inc.

Date: May 11, 2022

/s/ Jennifer Fulk Jennifer Fulk Chief Financial Officer