

talkspace

Virtual Mental Health Services

Delaware Libraries has partnered with **Talkspace**, a virtual mental health counseling service, to provide free access for adults & teens to achieve better mental health.

Benefits:

- ✓ Eliminate commute time & scheduling hassles
- ✓ No search for a therapist - get quality matches!
- ✓ Seamlessly switch providers
- ✓ Receive high-quality mental health care
- ✓ And, it's Free with Delaware Libraries!

Want to learn more?

Scan to [watch video](#) about how Talkspace works.



To get started, contact:

Hope Ellsworth

hope.ellsworth@lib.de.us

or ask a Specialist at Delaware Libraries!

delawarelibraries.org/getconnected



Two (2) free sessions per month up to 3 months*

DelawareLibraries.org



Delaware Partners
Better Together

***While supplies last. For Delaware residents, 18 years or older.** Must have basic technology proficiency & limited or no prior mental health counseling. **Please note:** this is a short-term service and would not benefit someone with more severe, long-term mental health needs.

Service is covered by an ARPA grant (American Rescue Plan Act)