



## Register for chat therapy

Getting registered with Talkspace is easy. Simply follow these steps to register:

- 1 Visit [talkspace.com/rfl](https://talkspace.com/rfl) or [ResourcesForLiving.com](https://ResourcesForLiving.com) Services > Talkspace online therapy
- 2 Register for an account with Talkspace. When asked for your organization's name
- 3 You'll be matched with a therapist within 48 hours
- 4 Start leaving chat messages for your therapist, schedule an appointment for televideo therapy or both!
- 5 Create a Talkspace account and download the app for easy future access

To learn more about Talkspace and other options for ongoing emotional support, give us a call. We're here for you 24/7.

For legal disclaimers, visit [rfl.com/Disclaimers](https://rfl.com/Disclaimers).