



## 'Go Head First Into 2024': Talkspace Therapists Provide Simple, Actionable Steps For Prioritizing Mental Health This Year

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NEW YORK--(BUSINESS WIRE)--Jan. 3, 2024-- As the New Year kicks off, [Talkspace](#) (NASDAQ: TALK), a leading online behavioral health care company, today announced a brand new campaign challenging the tradition of New Year's resolutions. With the goal of fostering meaningful and lasting change, Talkspace's 'Go Head First Into 2024' campaign encourages individuals to prioritize mental health and well-being by embracing simple, actionable steps. The company will ring in the new year by participating in the **Nasdaq Stock Market Closing Bell** ceremony on January 3, 2024.

The 'Go Head First Into 2024' campaign calls on people to commit to a single impactful plan: prioritizing mental health, rather than writing resolutions that set them up to fall short. Recognizing that a resilient mental state enhances all aspects of life, including relationships, work, physical health, and financial goals, the campaign aims to inspire positive, sustainable changes.

Talkspace mental health providers have distilled their expertise into four practical actions to guide individuals in going 'head first' into 2024:

1. **Set an intention.** "Intention-setting doesn't try to hold you to a specific outcome or behavior change. Instead, it's about creating a mindset shift to bring about more broad positive changes, by defining a guiding principle that you want to live by. Changing the conversation from a goal to a guiding idea means there's no risk of failure." — [Bisma Anwar](#), LMHC
2. **Heal the bruises.** "Chances are there have been some losses and gains in 2023 but remember that losses make you stronger and smarter and without experience we can't tap into our knowledge or wisdom. Don't sabotage your efforts. Pause and reflect on how far you have come. Heal and keep going." — [Elizabeth Keohan](#), LCSW-C
3. **Feel the feels.** "Don't run. Endure. Acknowledge and identify the difficult emotions. It is temporary. If needed, get help, lean on a friend, a family member, or a professional. Don't let numbing be an option, because even the hard stuff is worth feeling." — [Elizabeth Keohan](#), LCSW-C
4. **Become a good friend to yourself.** "Nourishing a positive and supportive relationship with yourself is integral to your mental health, personal development, and the quality of your relationships with others. It forms the basis for a more strong, motivated, and satisfied life." — [Famous Erwin](#), LMHC, LPC

To learn more about the importance of prioritizing mental health, creating meaningful intentions, and embarking on your therapy journey, explore [our latest blog post](#). Visit Talkspace's [website](#) to connect with our extensive network of licensed therapists, where we cover over 113 million lives through partnerships with employers, health plans, and paid benefits programs.

### 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 113 million lives as of September 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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### Media:

Luke Fanous | [lfanous@skdcknick.com](mailto:lfanous@skdcknick.com)

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