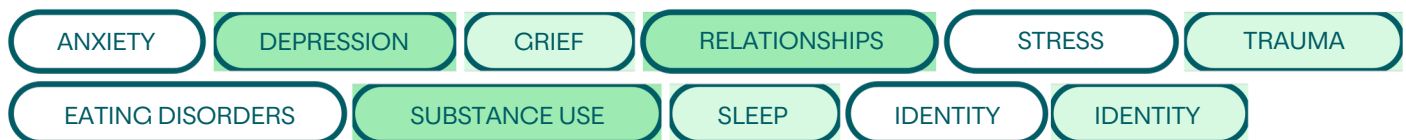


Get started with Talkspace mental health support

The leading provider of virtual mental health care, Talkspace supports mental health and emotional wellness needs from a secure, HIPAA-compliant platform. Talkspace's mission is to provide people everywhere with access to high-quality mental health care so that they can live happier, healthier lives.

Talkspace provides care for a variety of mental health needs, including:

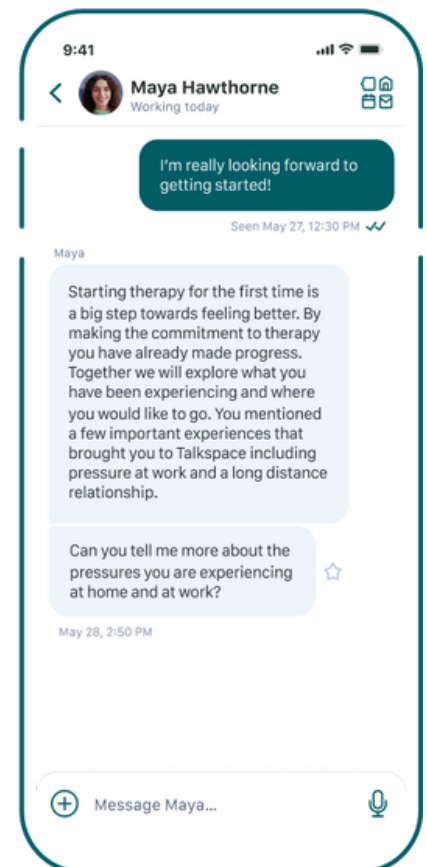


Therapy

Talkspace will match you with a licensed therapist based on your needs and preferences, usually within two days. Start sending your therapist messages (text, audio, or video) as often as you'd like, and your therapist will reply five days per week. If the first therapist we pair you with doesn't feel like a fit, it's easy to switch to a new one.

Get started

- Humane World For Animals Talkspace Plan: Unlimited messaging + 2 LVS monthly
- Visit talkspace.com/humaneworld and enter keyword **humaneworldgo**
- Answer questions about yourself and any challenges or concerns and we'll match you with a therapist licensed in your state
- Begin messaging in your private digital care room, or schedule a live session

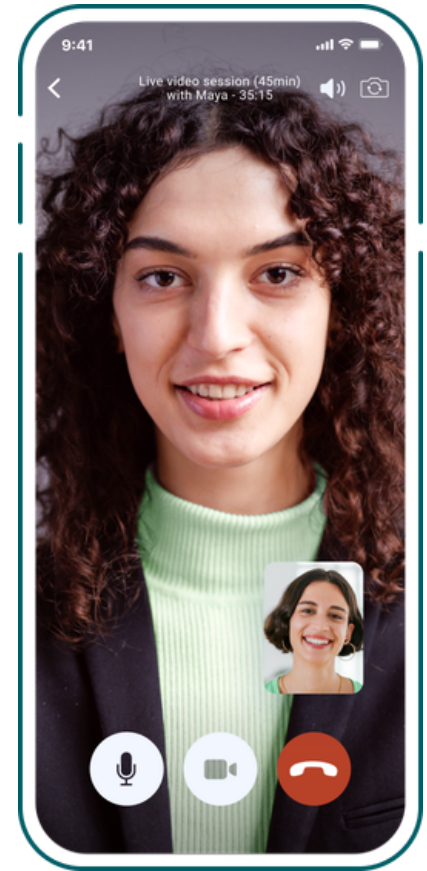


Psychiatry (currently only available in US)

Talkspace Psychiatry makes it convenient and private to get a psychiatric evaluation and mental health medication, whether an initial prescription or renewal of an existing prescription. Within a week or less you'll be assigned a licensed psychiatric provider and can schedule a live video session. During your session your provider will ask questions about symptoms and your health and medication history. Then they may prescribe mental health medication to be filled by your local pharmacy. You will have follow-up sessions every three months for ongoing medication management. (Note: Talkspace does not prescribe controlled substances.)

Get started

- Humane World For Animals Talkspace Plan: Initial one-hour consultation/intake assessment and 12 medication management follow-up sessions per year
- Visit talkspace.com/humaneworld and keyword **humaneworldpsych**
- Answer questions about yourself and your health and medication history.
- Get matched with a psychiatric provider and schedule your video session.



Talkspace Go

The Talkspace Go app empowers you to take mental health into your own hands in as little as five minutes a day. After you complete a quick online assessment designed to understand your mental, emotional, and relational health needs, Talkspace Go will recommend a personalized self-guided support plan from our library of 55+ guided counseling programs. You'll be given daily journal prompts, invited to anonymous live workshops with mental health clinicians, and receive suggested interactive courses you can complete at your convenience.

Get started

- Download the Talkspace Go app from the App Store or Play Store.
- Sign up and create an account.
- Enter your organization code **humaneworldgo**
- Take the assessment at your convenience.

