

4-22-2020

Talkspace Therapy Announcement April 22, 2020

Office of Communications

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Recommended Citation

Communications, Office of, "Talkspace Therapy Announcement April 22, 2020" (2020). *Archiving Kenyon's COVID-19 Story in Words*. 44.

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[Employee-Info] Fwd: Talkspace therapy announcement

1 message

Meredith Bonham <bonhamm@kenyon.edu>
To: employee-info@kenyon.edu

Wed, Apr 22, 2020 at 8:45 AM

Dear Kenyon Colleagues,

This morning I sent the below announcement to our students, and wanted you to be aware of it as well - especially if you are working with students who are struggling from afar. Please do not hesitate to direct them to [Talkspace](#) as a resource.

I also wish to remind you of Kenyon's resources for employees, in particular the [Employee Assistance Program](#). I hope you are all doing well, and that you are taking good care of yourselves amid these complicated times.

Meredith

----- Forwarded message -----

From: **Meredith Bonham** <bonhamm@kenyon.edu>
Date: Wed, Apr 22, 2020 at 8:10 AM
Subject: Talkspace therapy announcement
To: <student-info@kenyon.edu>

Dear Students,

I am very pleased to announce that all Kenyon students now have free access to the online therapy service [Talkspace](#). With a network of thousands of licensed clinicians, Talkspace connects users to a dedicated therapist from a secure, HIPAA-compliant mobile app and web platform. Once you sign up for the service, you may send your personal therapist text, voice or video messages. Students will be able to use the service at any time throughout the year, and from anywhere. Members of the Class of 2020 will have access to Talkspace until August 15, 2020, which coincides with the last date of eligibility for the College's health insurance plan.

To begin, simply register at talkspace.com/kenyon using your Kenyon email and the Kenyon-specific keyword "KOKOSING." Talkspace communication is confidential and secure. While Kenyon will receive quarterly reports regarding aggregate usage, we will never know who uses the service or for what purpose. For more information, please review the attached set of Talkspace FAQs.

If you have additional questions about Talkspace, or regarding other therapy services offered through the College's Counseling Center, please contact Associate Director of Counseling Holly Baker at baker2@kenyon.edu. We also wish to remind you of Kenyon's mental health resources during the COVID-19 situation:

- Students who are Ohio residents may schedule a video appointment with a member of Kenyon's full-time Counseling Center staff by calling 740-427-5643 or emailing counseling@kenyon.edu.
- ProtoCall is available to all students 24/7 for immediate support, crisis intervention and stabilization. To access a licensed behavioral health professional, please call Campus Safety at 740-427-5555 and ask to be connected to ProtoCall.
- Students may also utilize the National Suicide Prevention Lifeline at 1-800-273-TALK or text 4HOPE to 741741 to reach the Crisis Text Line.

As we all face unprecedented uncertainty and heightened anxiety during this pandemic, we at the College are especially mindful of our students. I encourage you to take advantage of these resources to support your mental health and overall well-being, and to please take good care.

Be well,
Meredith Harper Bonham '92
Vice President for Student Affairs

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Meredith Harper Bonham '92, Ph.D. | (she/her)
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