

# Textcoach®

Coaching that puts  
happiness at your fingertips



Textcoach®, is like having a mental health ‘Coach’ in your pocket! Designed to help address issues such as anxiety, depression, burnout and more while on the go –Textcoach® allows you to begin texting with a licensed clinician on your mobile or desktop devices. Start exchanging texts, voicenotes, videos and other resources to help boost your emotional wellbeing by downloading the app or visiting the website.

## Features

Textcoach® conveniently provides:

- 100% confidentiality
- A stigma-free access point
- Connection via mobile and desktop devices
- Texting whenever and wherever
- Independently-licensed clinicians
- Voicenotes, tip sheets, articles, videos and more
- Referrals to local mental health professionals

## Get started!

Visit online: [text.coach](https://text.coach)

Group code:  
benefitsusa



Download the  
mobile app today!

