

# Talkspace – How therapy helped a world champion swimmer

*Presenter – Michael Phelps*

It was October of 2014 that I lost all hope.

I was one of the world's most successful athletes. The **all-American** dream come true.

But I was lost. I questioned whether I wanted to be alive anymore. I realized I couldn't handle this by myself.

That's when I decided to seek help and work with a therapist. That decision saved my life.

You don't have to wait for it to get that bad. Please talk to a licensed therapist as soon as you feel you need help.

**Visual cue:** *Brought to you by Talkspace. Therapy for all.*