

Everyday support for work and life

Headspace is here to help

Headspace, your employee assistance program (EAP) offers confidential mental healthcare and access to practical and time-saving resources to help you navigate life's everyday challenges.

Emotional Health

relationships • life transitions • grief and loss • anxiety and depression • substance abuse

Personal Health

healthy habits • exercise • nutrition • managing illness • chronic conditions

Family and Caregiving

childcare • elder care • adoption • education • special needs • new parents • life stages

Career

interpersonal skills • teamwork • training and education • work-life balance • stress • time management

Everyday Living

household needs • pet care • travel and leisure • volunteer opportunities • community resources

Legal and Financial

wills • estates • neighbor disputes • budgeting • loans • mortgages • retirement planning • credit • ID theft



Let's navigate this together.
Torey, Coach

Letting Go of Stress
Meditation Course



Coming soon!

Look out for more information on how to sign up very soon!