




# A happier, healthier you

**One-on-one mental health support, plus guided meditation and mindfulness**

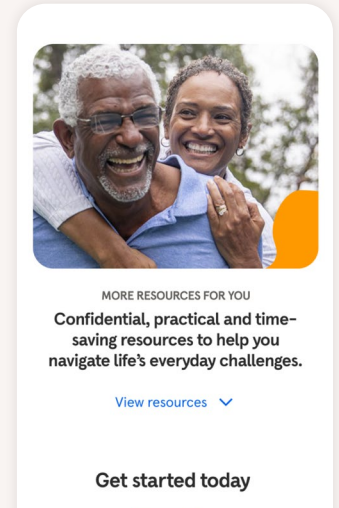
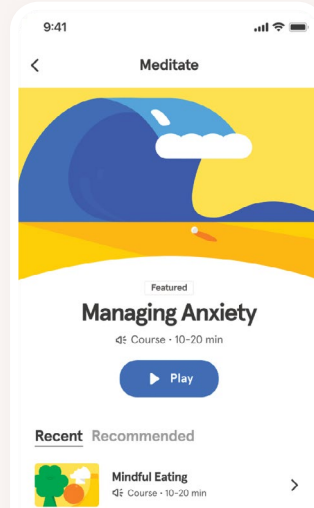
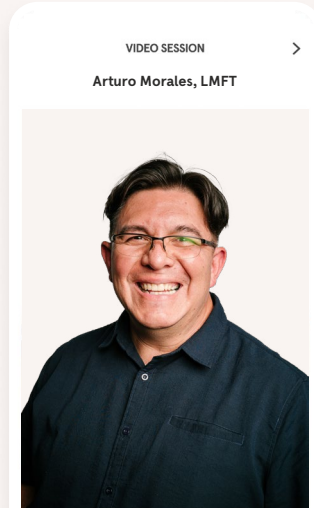
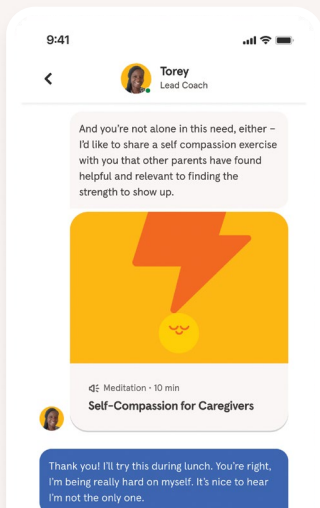
Meet Headspace: your personal guide to caring for your mind. Stress less, focus more, and sleep soundly with hundreds of guided exercises. Get one-on-one guidance from mental health coaches and clinicians. And connect to confidential, time-saving local resources to help you navigate life's challenges.

A circular portrait of Samantha, a Black woman with braided hair, wearing glasses, a white blazer, and an orange top. The portrait is set against a blue circular background. To the left of the portrait is an orange hexagon with a white starburst. To the right is a white speech bubble containing text. Below the portrait is a blue wavy line. There are also other white starbursts on the yellow background.

**Let's focus on  
you today.**  
Samantha, Coach

# Mental healthcare for every moment

Get help with whatever's on your mind



## Mental health coaching

Coaches help you with everyday challenges. Manage feelings of anxiety and depression, improve relationships, cope with work stress, and more. Meet with a coach right away, or schedule an appointment. You'll talk to your coach through text-based chats from your smartphone, and it's all private.

## Clinical care

For more support, meet with a clinician via video. They'll see you within days, and you can make appointments on weekends and evenings. They'll work with your coach to make sure you get the support you need.

You can also call our 24/7 phone line to get support right away, or to schedule an in-person therapy appointment.

## Meditation and mindfulness

Explore hundreds of guided exercises for meditation and mindfulness. Learn to manage stress, bounce back from challenges, sleep soundly, and build healthy habits.

## Resources to balance work & life

Get connected to local resources for help with things like child and eldercare needs, financial stress, legal assistance, and more.