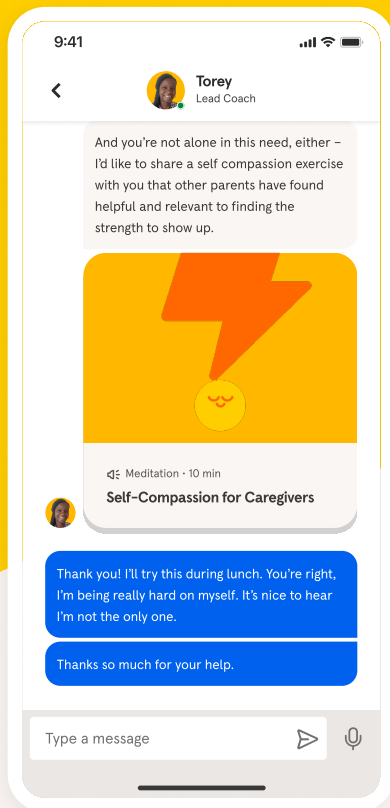


All your care. All in one place.



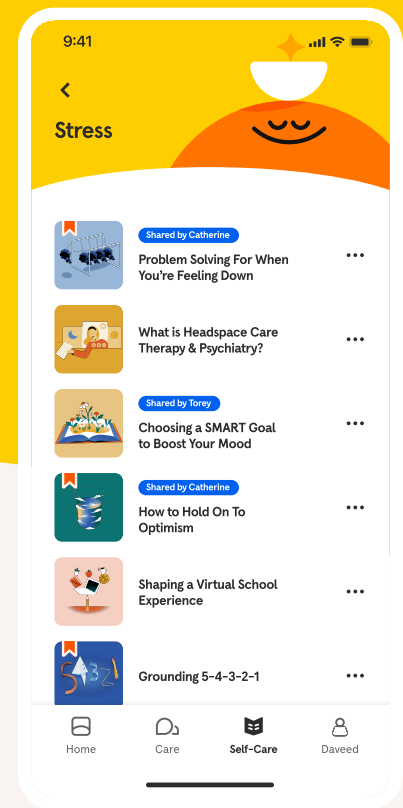
Coaching

Connect with a coach via text-based chat to receive personalized support for whatever you are going through.



Therapy & Psychiatry

A licensed therapist or psychiatrist can be added to your care team if you need extra support and based on your health plan benefits. These sessions are video-based and available evenings and weekends to fit your schedule.



Skill-building resources

Our library of tips, tools, and insights includes articles, classes, and podcasts offering expert guidance on a range of topics. This in-app content is available for you to use in your own time to help you move toward your goals.



Ready to get started?

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Questions? Email us at caresupport@headspace.com or visit us at organizations.headspace.com/connect