

Mental healthcare for every moment



Get help with whatever's on your mind

Meet Headspace: your personal guide to caring for your mind. Learn to manage feelings of anxiety and depression, build healthy habits, and feel like your best self every day. Explore hundreds of guided exercises, and get one-on-one guidance from mental health coaches and clinicians.



Get started

work.headspace.com/optioncarehealth/member-enroll

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