

Release stress & worry



We're here for whatever you're going through

Anytime

Schedule time to chat with a mental health coach via text, even on weekends or evenings.

Any challenge

Human-to-human care to help with whatever you're going through.

Anyone

Diverse, culturally-responsive clinicians fostering an inclusive care environment.

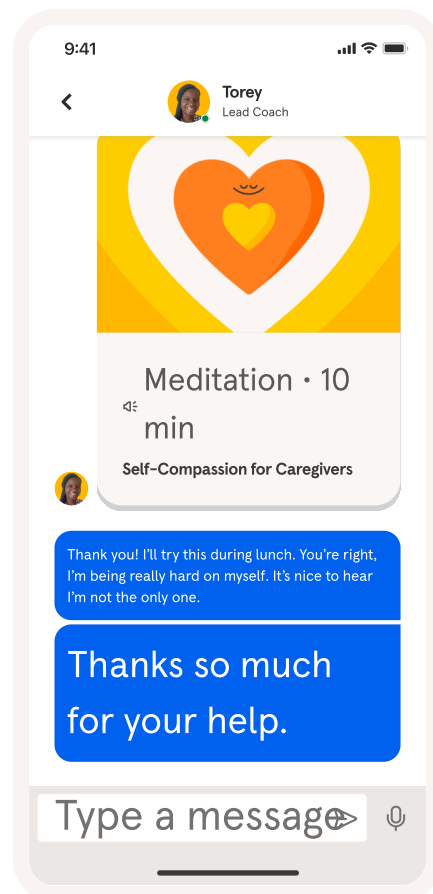
Anywhere

We go where your smartphone goes.
Receive confidential support wherever you are.



Get started today

- 1 Download the Headspace Care app.
- 2 Set up your account.
- 3 Follow the instructions and you're all set!



Have a question?

Visit us at <https://help.headspace.com>

