



**One-on-one guidance.
Anytime, anywhere.**



Download to
get started



Headspace Care – Support anytime, anywhere

Life can be challenging. Whatever you're going through — whether you're feeling stressed, overwhelmed, anxious, depressed, or anything else — we want you to know that you're not alone. And because we value the dedication you bring to work, and care about your mental health and well-being, we're offering Headspace Care at no cost to you.

Headspace Care is on hand to help with anything you're struggling with — from managing challenging emotions to navigating difficult situations, professionally or personally. Immediate text-based chat is available, or you can schedule a time to connect with your coach to work together in an ongoing way.

Join us for a 30-minute webinar [here](#) March 27th at 1pm ET to learn more about Headspace Care, how to start your free membership, and how to try Headspace Care for whatever you are struggling with, from strong emotions and overwhelming stress to difficult situations at work or at home.

Ready to Get Started with Headspace Care?

Just follow these simple steps.



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

Need more support?

Send an email to help@headspace.com

Your information is securely stored and protected as described in our [Privacy Statement](#) and [Terms of Service](#).