

An Introduction to Headspace Care

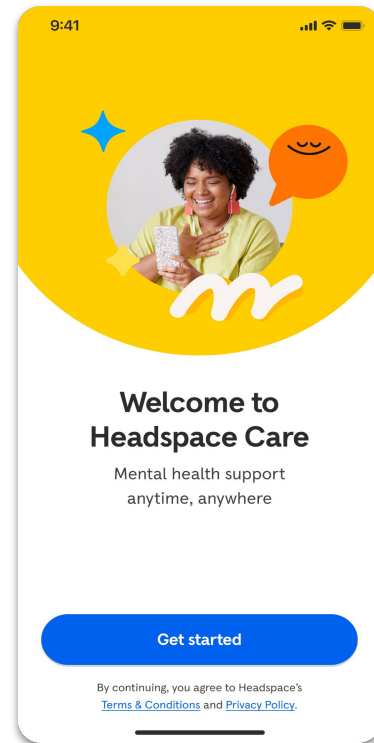
Mental health for everyone

Behavioral health coaching, clinical care, and self-guided content —
all on one platform.



In-the-moment care for every emotion.

Whether you could use a quick check-in with a coach, regular treatment for ongoing depression, or self-care strategies to practice on your own time, Headspace Care provides convenient, affordable, and private mental healthcare for every moment.



Mental health care for every moment



MENTAL WELL-BEING

MENTAL HEALTHCARE

Self-Guided Care

A wide range of clinically-validated resources, including videos, podcasts, and guided activities

Coaching

Unlimited, on-demand text-based access to trained coaches for help managing stress, staying on track between clinical appointments, and long-term support after clinical care.

Therapy

Virtual access to licensed therapists across a range of clinical specialties, with training in evidence-based approaches.

Psychiatry

Virtual access to board-certified psychiatrists who prescribe based on demonstrated need and closely monitor symptoms and side effects.

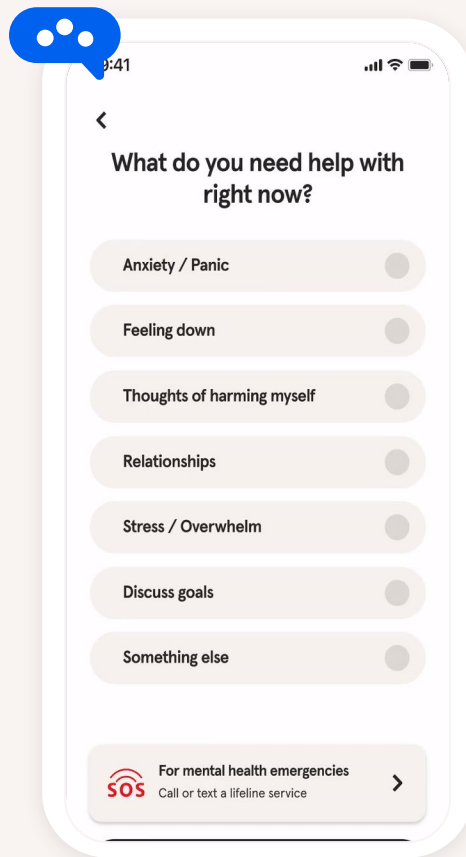
Unlimited in-the-moment mental health coaching

Day or night, members can get in-the-moment support 24/7 from a mental health coach through discrete, live chat.

Coach Qualifications: Masters-level educated with prior coaching experience and/or Certified by the National Board for Health & Wellness Coaching

Specialized coaches help members with:

- Anxiety attacks
- Support before a difficult meeting
- Pep talk before a stressful conversation
- De-escalation after traumatic or triggering event
- All-hours support for caregivers and parents
- Feelings of overwhelm
- Managing feelings after a conflict
- Suicidal ideation



2 mins

Avg. time to connect with a mental health coach, 24/7

BB

I really think this text coaching with you is a huge help. I started it on fly just because it was there, but I think it's been way more positive then I thought it would be.

- Real Headspace member

Fast access to high-quality therapy

Our licensed therapists are trained in a breadth of evidence based treatments, such as CBT, ACT, and DBT to support members across major diagnoses and 25+ speciality areas.

Therapists work with members to:

- Create and manage a personalized measurement-based care plan
- Explore past behaviors and experiences to affect change in a member's life
- Identify & refer to higher levels of care, when needed
- Recommend Headspace exercises to support treatment



~2 days

Avg. time to first available virtual therapy appointment

“

Thank you for clarifying why I'm feeling so lost. I had never thought about my kids growing up as grief or loss. But it definitely all make so much sense.”

- Real Headspace member

Evidence-Based Psychiatry Services

For those with complex needs, board-certified psychiatrists can be added to a member's care team and prescribe medications as indicated.

Psychiatrists work within the care team to:

- Provide expert diagnostic support
- Safely prescribe, manage, and monitor medications
- Contribute to a multidisciplinary care plan
- Collaborate with providers outside the Headspace care system



I am grateful every day for the changes in my life...I used to live in a constant haze of catastrophizing and panic and self loathing...I feel more resilient, I am hopeful and committed to doing my best every day.”
- Real Headspace member

4.95/5

Avg. star rating for psychiatrists on Headspace

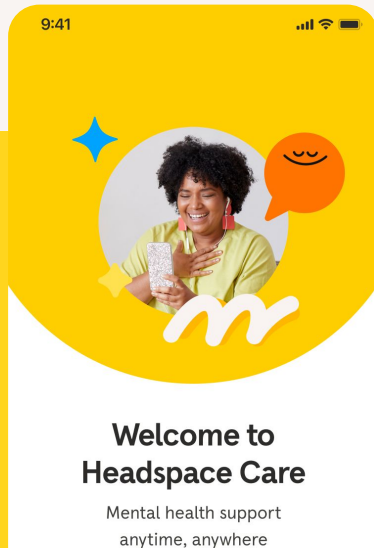
How to get started



Getting started with Headspace Care

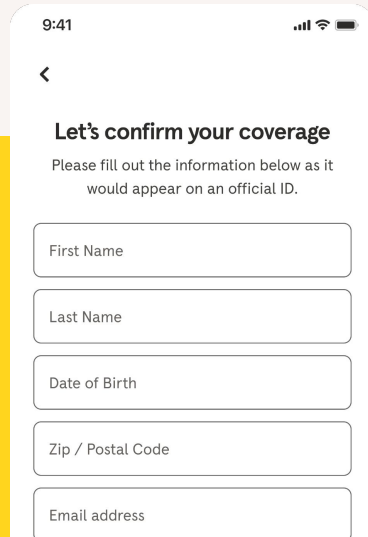
Enroll

Download the Headspace Care App and select “My Organization” to begin the enrollment process



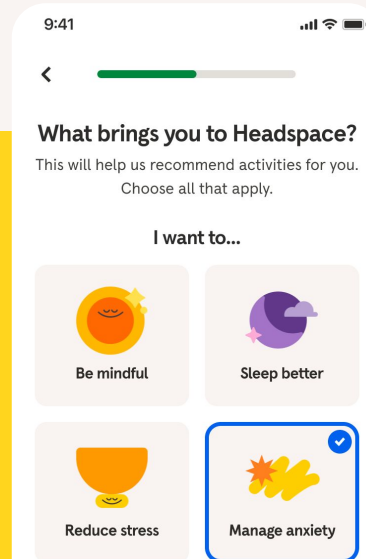
Confirm Eligibility

To check eligibility, sign up via My Organization and **enter your information.**



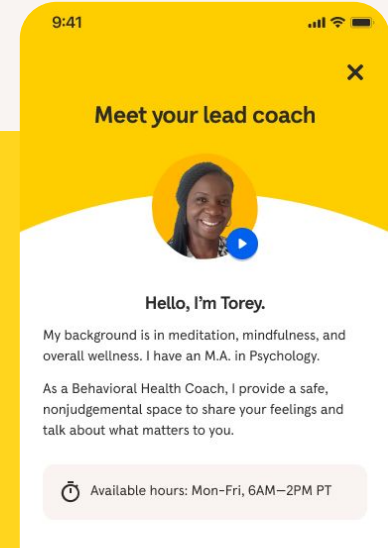
Onboard

You will be asked a few **simple questions on how you are feeling and what you want to work on.** You will then be provided a personalized care plan.



Access care

Based on your onboarding, you will then have immediate access to **self-care content or schedule to meet a coach.**



Sign up for Headspace Care today

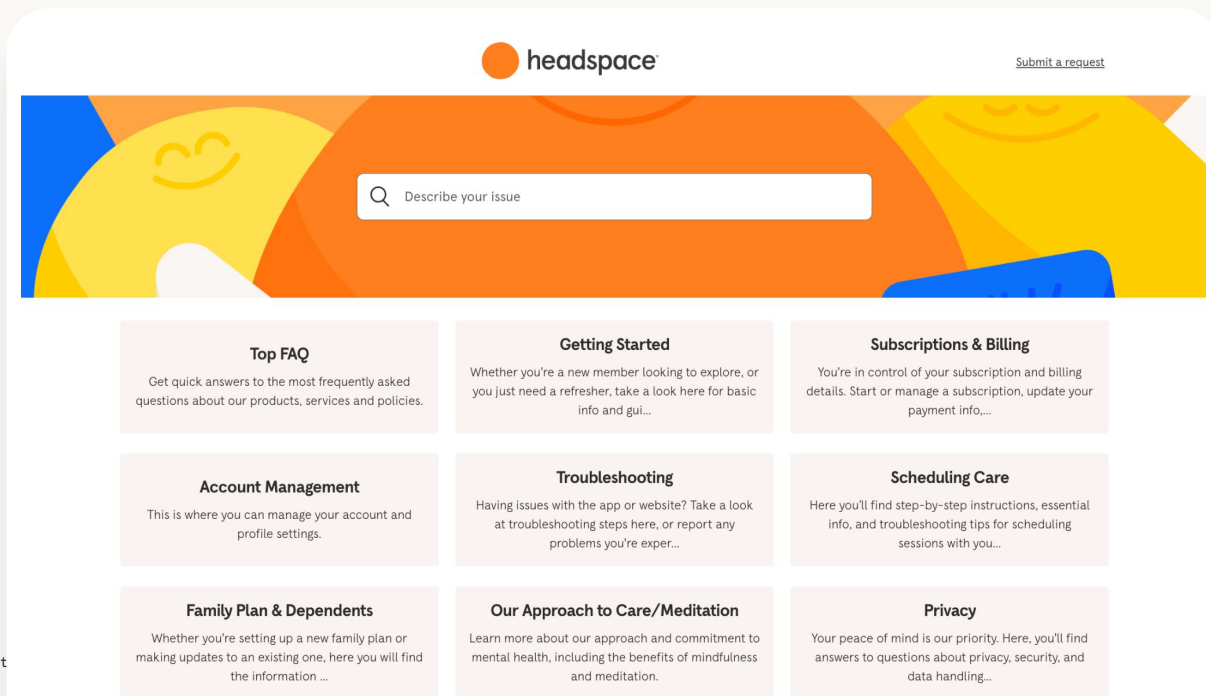


Scan the QR code
to download the app
and get started!



Need help? We've got you.

Visit help.headspace.com or email caresupport@headspace.com



The screenshot shows the headspace help page. At the top, the headspace logo is on the left and a "Submit a request" link is on the right. Below the logo is a search bar with the placeholder text "Describe your issue". The page is divided into a grid of nine help categories, each with a title and a brief description.

headspace [Submit a request](#)

Describe your issue

- Top FAQ**
Get quick answers to the most frequently asked questions about our products, services and policies.
- Getting Started**
Whether you're a new member looking to explore, or you just need a refresher, take a look here for basic info and gui...
- Subscriptions & Billing**
You're in control of your subscription and billing details. Start or manage a subscription, update your payment info...
- Account Management**
This is where you can manage your account and profile settings.
- Troubleshooting**
Having issues with the app or website? Take a look at troubleshooting steps here, or report any problems you're exper...
- Scheduling Care**
Here you'll find step-by-step instructions, essential info, and troubleshooting tips for scheduling sessions with you...
- Family Plan & Dependents**
Whether you're setting up a new family plan or making updates to an existing one, here you will find the information ...
- Our Approach to Care/Meditation**
Learn more about our approach and commitment to mental health, including the benefits of mindfulness and meditation.
- Privacy**
Your peace of mind is our priority. Here, you'll find answers to questions about privacy, security, and data handling...