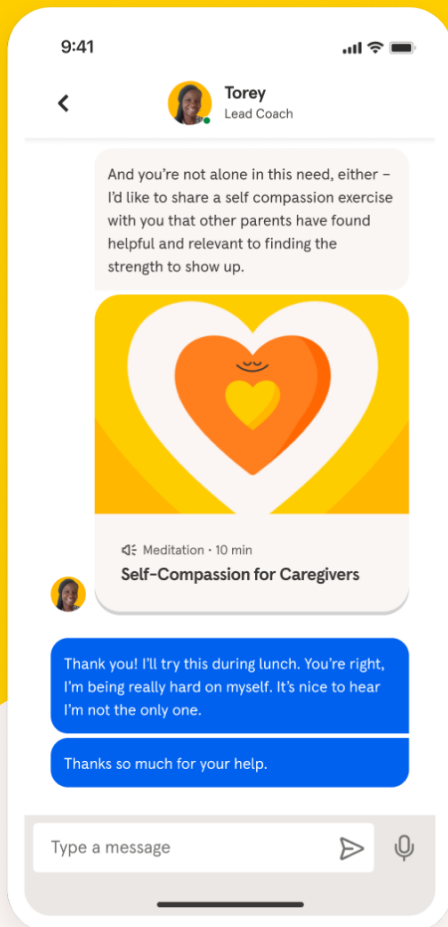


All your care. All in one place.



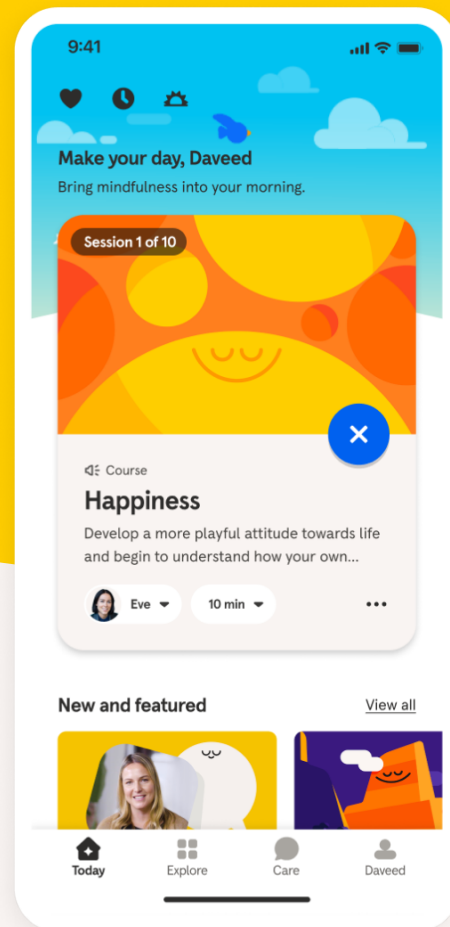
Coaching

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. 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.

AdventHealth provides confidential mental healthcare through the Headspace Care app at no cost to you and your dependents age 18 and older. You have unlimited access to coaching via text-based chats and self-care activities. Video-based therapy services are covered up to six sessions per person, per issue, per year through your EAP.



Ready to get started?

Download the Headspace Care app and create an account.

Questions?

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

