

# Mental healthcare for every moment



## Say hello to Headspace, your new upgraded benefit



Scan to get started, or visit:

[work.headspace.com/quadient/member-enroll](https://work.headspace.com/quadient/member-enroll)

### Already a Headspace member?

Head to the latest version of your Headspace Care app for next steps.

### Meditation and mindfulness

Explore the Headspace library with hundreds of guided exercises for meditation and mindfulness. Learn to manage stress, bounce back from challenges, sleep soundly, and build healthy habits.

### Mental health coaching

Coaches help you with everyday challenges. Manage feelings of anxiety and depression, improve relationships, cope with work stress, and more. Meet with a coach right away, or schedule an appointment. You'll talk to your coach through text-based chats from your smartphone, and it's all private.

### Clinical care

For more support, meet with a clinician via video. They'll see you within days, and you can make appointments on weekends and evenings. They'll work with your coach to make sure you get what you need.