

Mental healthcare for every moment



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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.