

Headspace: The mental health solution for today's workforce

Headspace provides mental healthcare for every moment. Our comprehensive range of services includes therapy, psychiatry, coaching, mindfulness, work-life services, and more. Members can access the full spectrum of mental healthcare support via our easy-to-use app experience.

The Headspace difference

Cost-Effective

Our team-based, continuous care model reaches members earlier and helps them feel better faster. The right care at the right time prevents unnecessary spend and saves organizations money.

Proven to deliver impact

Headspace delivers meaningful outcomes for common to complex issues with high quality, team-based care. From our robust research studies to countless member testimonials, we are proven to make a difference.



Easily accessible

Headspace delivers the right care at the right time to meet every unique member's preferences. Employees and their families can seamlessly access high-quality clinical and subclinical care via chat, phone, video call, or in-person.

Universally loved

With over 100M downloads to date, Headspace is loved and recognized across the globe. This familiarity makes our solutions approachable and stigma-free, driving better engagement.

Improved Access and Outcomes

When employees engage with Headspace, the workplace becomes a happier place.

2 min

time to chat-based coaching

2 days

average time to a virtual therapy session

85%

of members experienced improvement in depression symptoms in as little as 6 weeks

32%

decrease in stress after 30 days using meditation and mindfulness

Flexible options to meet your organization's needs

	<div>Headspace Core</div> <div><i>Supplement your mental health program with skill-building exercises</i></div>	<div>Headspace Care</div> <div><i>Expand access to mental healthcare</i></div>	<div>Headspace EAP</div> <div><i>Replace your current EAP to meet the needs of today's workforce</i></div>
Meditations & mindfulness	✓	✓	✓
Sleepcasts & wind downs	✓	✓	✓
Focus music & exercises	✓	✓	✓
Guided movement	✓	✓	✓
Chat-based coaching	✗	✓	✓
Therapy	✗	✓	✓
Psychiatry	✗	✓	✓
Specialty care	✗	✓	✓
Complex case management	✗	✗	✓
Work-life services	✗	✗	✓
Critical incident support	✗	✗	✓
Workplace trainings	✗	✗	✓
Management support + consultations	✗	✗	✓
All available on the Headspace App Experience			

Headspace is here to be your guide to better mental health, providing therapy, psychiatry services, coaching, mindfulness, work-life services and more to 4,000+ organizations worldwide.

Contact us to learn how Headspace can support you.
organizations.headspace.com/contact