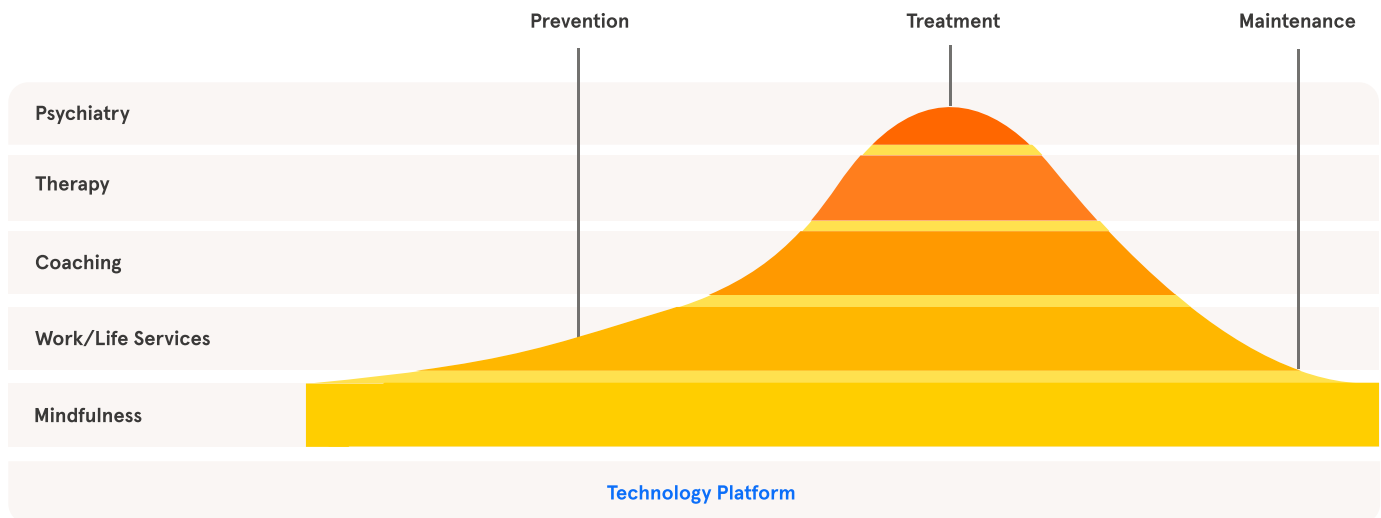


# Mental healthcare for every moment

Headspace Health meets employees where they are with a proactive, whole-person support system that continuously meets their needs.

Mental health is a journey. We help your population stay healthy with unlimited self-care content, behavioral health coaching, and work-life services, while dedicating therapy and psychiatry to those with more acute needs. Employees are guided to the right care at the right time, while driving cost-savings for the organization.



## Broad spectrum care with deep organizational support

Our comprehensive, evidence-based, stepped care system combines timely access to a multidisciplinary provider system with valued EAP services, plus account management, robust reporting and organizational support for managers and leaders.

MENTAL WELL-BEING ← → MENTAL HEALTHCARE



## Evidence-based, real outcomes



**32%**  
less stress with 30-days of self-care



**70%**  
experienced improvement in depression symptoms



**3+**  
more productive days after 30 days<sup>1</sup>

<sup>1</sup> Based on a JMIR study of healthy days

