

Headspace Health helps individuals and their organizations thrive

You want to support the mental health and well-being of all your employees more effectively, but cultural transformation is a big step, and you have questions. We've addressed your most frequently asked questions.

QUESTION

ANSWER

Why should I invest in employee mental health?

One billion people around the globe live with a mental health disorder, and more than 75% aren't receiving treatment.¹

Ignoring employee mental wellness comes at a high cost. The World Health Organization (WHO) estimates that depression and anxiety disorders cost the global economy \$1 trillion in lost productivity each year.² Investing in Headspace Health's unique care model allows issues to be addressed early and effectively, so more members receive the right level of care at a fraction of the cost.³ For every 100 engaged members, an employer can expect \$101K - \$302K in potential savings with Headspace Health.

What is Headspace Health?

Headspace Health's mission is to bring mental healthcare to everyone. We provide around-the-clock access to coaching, therapy, psychiatry, and self-guided mindfulness resources - all from the privacy of a smartphone.

Is Headspace Health a full EAP replacement?

Headspace Health has full EAP replacement capabilities. Learn more about how Headspace Health improves upon the traditional EAP model in [this infographic](#).

How does Headspace Health support culture transformation?

Headspace Health is more than an app or a program: it provides regular, ongoing support for teams who wish to initiate meaningful, cultural change. Unlike some EAPs, the Headspace Health team is available whenever you need them, with employee engagement resources, workplace trainings, and [leadership workshops](#) to initiate culture change.

How does Headspace Health help burnout?

Employees see substantial improvements to their mental well-being while using the Headspace app:

32%

less stress within 30 days of Headspace³

14%

reduction in burnout after 4 sessions⁴

3 more

healthy mental health days per coaching member per month⁵

Is Headspace Health available globally?

Yes, Headspace Health provides comprehensive, high-quality care to support the global workforce. Our global footprint spans 200+ countries and regions.

Is behavioral coaching through text effective?

Text-based coaching provides a degree of anonymity and convenience that may motivate employees who are hesitant to prioritize their mental health. Our members frequently take advantage of the texting model with 76% texting outside of business hours. More on the effectiveness of behavioral coaching [here](#).

How does Headspace Health support DEIB?

We recognize that underrepresented populations have disproportionate access to mental health services. Our care team reflects the diversity of the people they support, able to help on all topics relating to LGBTQ+, racial trauma, veterans, traditionally underserved groups, economically disadvantaged groups, and more.

Headspace Health apps also meet Web Content Accessibility Guidelines (WCAG) requirements.

Can I offer Headspace Health to employees *and* their dependents?

Absolutely. We have built thoughtful programs to address adolescent mental health for employees with dependents age 18+.

Will my employees engage with Headspace Health?

Headspace Health has excellent engagement rates. We see engagement between 10% - 25% across our solutions. The engagement rate of traditional EAPs is only 3-5%.⁷

How does Headspace Health protect my employees' private information?

Headspace Health takes your data protection concerns seriously. Care is confidential, our app is secure, and we do not share your data with third parties.

What makes Headspace Health's technology different?

Powered by AI and data science, our care team utilizes a system that analyzes chat transcripts, clinical assessments, member satisfaction, engagement data, and more to provide personalized and effective care for each member—and ensure that no one falls through the cracks. All of this supports our ability to scale high-quality care, which has never been more important as the supply and demand gap in mental healthcare continues to widen across the United States.

How do I get a proposal?

Reach out directly to your rep or fill out [our contact us form](#).

WANT TO LEARN MORE?

Want to learn more about how Headspace Health provides comprehensive care for every employee's work, life, and mind? Read more about the value of Headspace Health in [this report](#).

SOURCES :

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3. Headspace Health. (2002). *The value of investing in mental health and mindfulness*. https://5327495.fs1.hubspotusercontent-na1.net/hubfs/5327495/The%20Value%20of%20Investing%20in%20Mental%20Health%20and%20Mindfulness_White%20Paper.pdf
4. Headspace. (2022). *Turning negative stress into positive change*. <https://get.headspace.com/turning-negative-stress-into-positive-change>
5. Headspace Health. (2022). *The value of Ginger whitepaper*. https://5327495.fs1.hubspotusercontent-na1.net/hubfs/5327495/Ginger_Value_Whitepaper_FINAL_Sep01.pdf
6. Ginger. (2022). *Elevating the EAP*. Headspace Health. https://5327495.fs1.hubspotusercontent-na1.net/hubfs/5327495/Ginger_Elevating%20the%20EAP.pdf