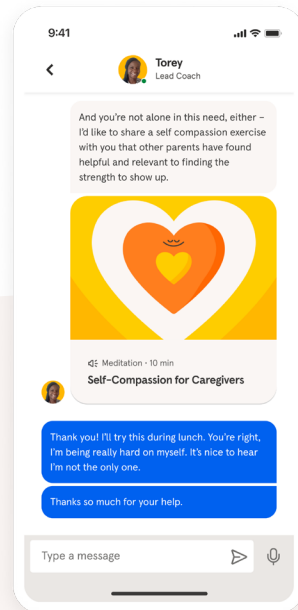




# Ginger is now Headspace Care

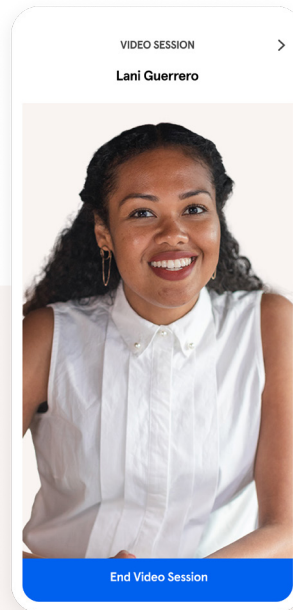
You may already know that Your Organization covers confidential mental health support with Ginger. Now, we're going by a new name: **Headspace Care**. We might look a little different, but don't worry – everything you love about Ginger will stay the same. You still have access to mental health coaching, clinical services, and a library of skill-building tools and resources in the Headspace Care app.

New name,  
same benefits



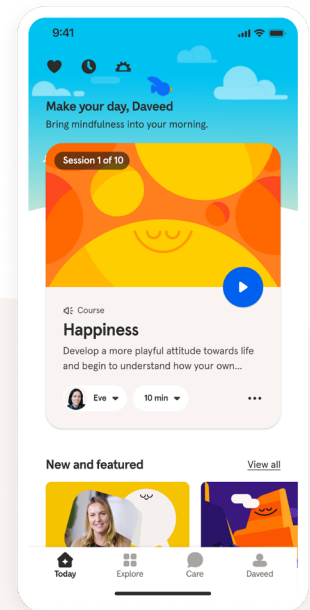
## Chat with a coach

Get the right care in the moments you need it most. Schedule text chats with a mental health coach.



## Talk to a clinician

Make an appointment with a clinical care professional via video sessions, right from the app.



## Practice self-care

Explore activities that can help you learn healthy habits and mindful skills.

Here's how  
to sign up



If you don't have the app yet, search for **Headspace Care** in the App Store or Google Play, and download it from there.

Have a question? Please reach out to your HR representative.