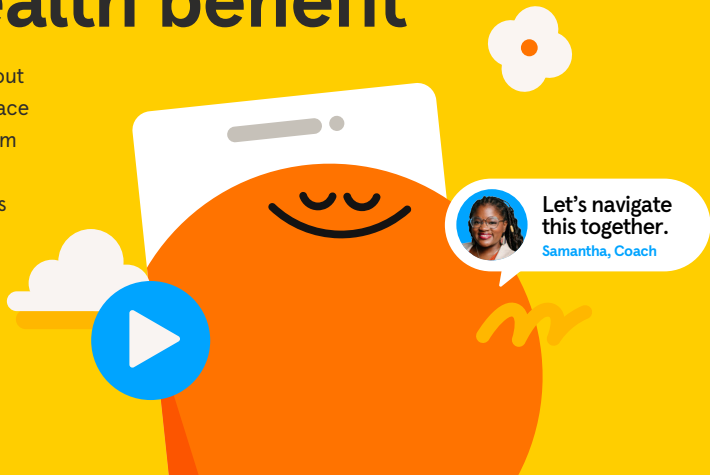




Meet your upgraded mental health benefit

Great news: everything you loved about Headspace Care now on the Headspace app. Access one-on-one support from mental health coaches, plus guided meditation and mindfulness exercises all within the Headspace app.



Let's navigate this together.
Samantha, Coach

Explore more ways to care for your mind

Everyday mindfulness

Meditation, sleep support, and mindful exercises to help you stress less, sleep soundly, and relax more.

Guided programs

Move through courses at your own pace, and learn how to manage worry and anxious thoughts.

Mental health coaches

Text with a coach who can guide you through challenging emotions and help you reach your goals.



Get Started

<https://work.headspace.com/paycor/member-enroll>

Already a Headspace member?

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Have a question? Visit help.headspace.com