




A happier, healthier you

**One-on-one mental health support, plus guided
meditation and mindfulness**

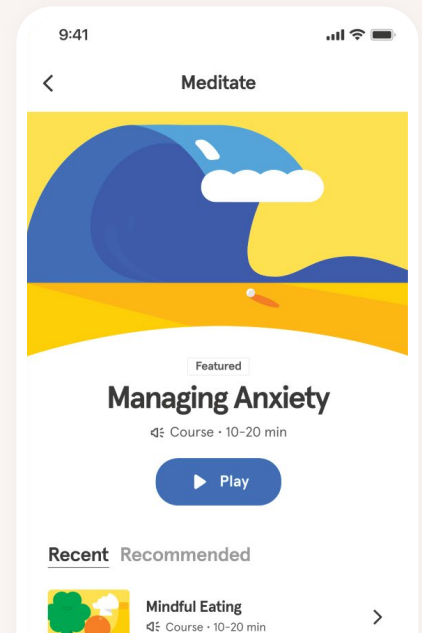
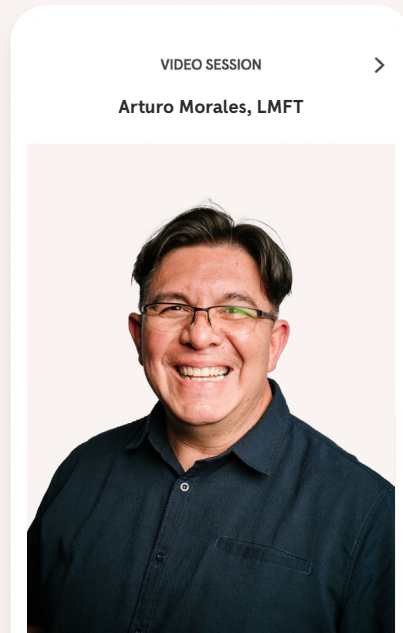
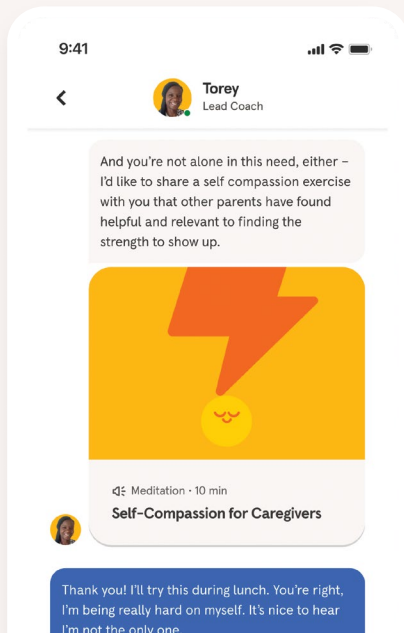
Meet Headspace: your personal guide to caring for your mind. Stress less, focus more, and sleep soundly with hundreds of guided exercises. Get one-on-one guidance from mental health coaches and clinicians. And feel like your best self, every day.

A woman with dark hair in braids, wearing glasses and a white blazer over an orange top, is smiling. She is framed by a blue circle. To her left is an orange hexagon with a white starburst. Below that is an orange four-petaled flower. To her right is a white speech bubble containing text. Below the speech bubble is a blue wavy line. There are also white starbursts scattered around the scene.

**Let's focus on
you today.**
Samantha, Coach

Mental healthcare for every moment

Get help with whatever's on your mind



Mental health coaching

Coaches help you with everyday challenges. Manage feelings of anxiety and depression, improve relationships, cope with work stress, and more. Meet with a coach right away, or schedule an appointment. You'll talk to your coach through text-based chats from your smartphone, and it's all private.

Clinical care

For more support, meet with a clinician via video. They'll see you within days, and you can make appointments on weekends and evenings. They'll work with your coach to make sure you get what you need.

Meditation and mindfulness

Explore hundreds of guided exercises for meditation and mindfulness. Learn to manage stress, bounce back from challenges, sleep soundly, and build healthy habits.



Get started

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