



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.

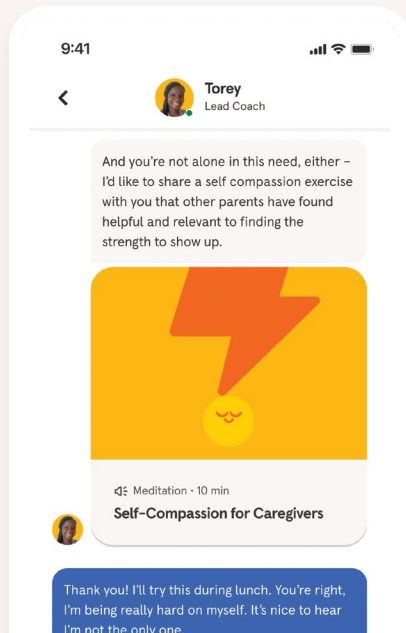
**Let's focus on
you today.**

Samantha, Coach



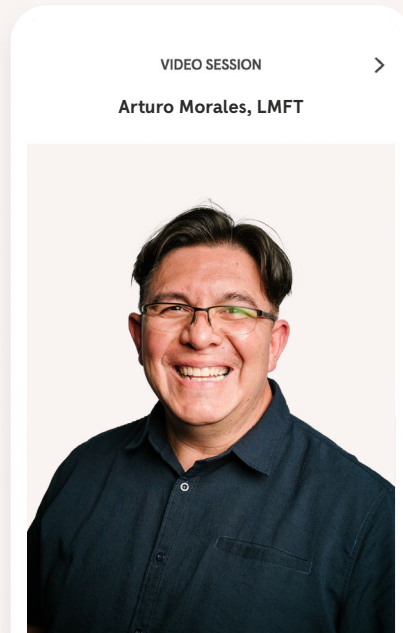
Mental healthcare for every moment

Get help with whatever's on your mind



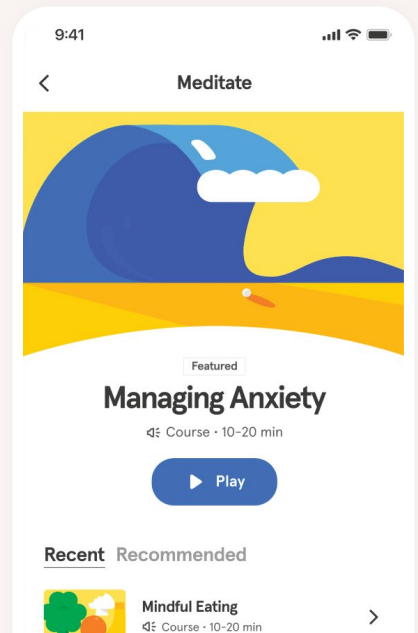
Mental health coaching

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/nutanix/member-enroll>