

# Your Headspace Care benefit at no cost to you.



## Mental Health Coaching

Connect with a coach via text-based chat in the app, they can guide you through challenging emotions and refer you to a clinician if you need a little more support.



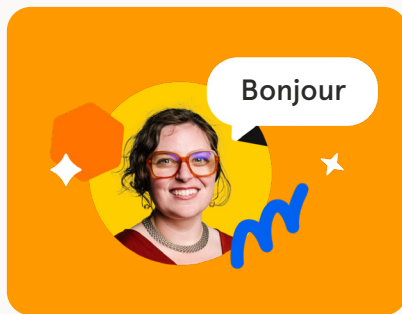
## Therapy & Psychiatry

If you need an added layer of support, video appointments are available with flexible hours, including weekends and evenings.



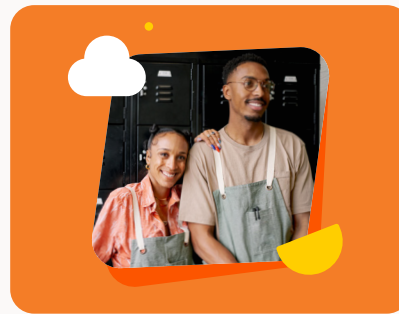
## Skill-Building Resources

The Self-Care Library has more than 200 evidence-based resources offering tips, tools, and guidance with articles, videos, activities and more to help you develop new life skills for improved mental health.



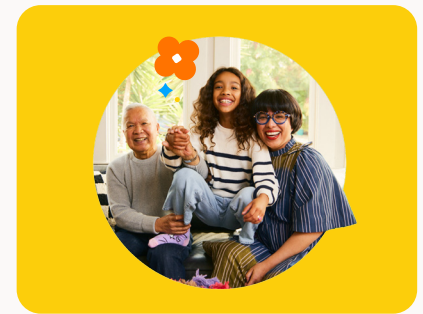
## Available in Spanish and French

Members have access to personalized, in-the-moment support, provided all in Spanish and French.



## Support for your teens

Teens ages 13-17 can access Headspace Care for guidance with relationships, anxiety, depression and more from coaches and clinicians trained in adolescent mental health.



## Support for your loved ones

Your adult dependents age 18 and older have access to Headspace Care, too, with their own separate account. All information about their conversations is confidential.

## Scan to get started today.



Veolia North America provides confidential mental healthcare through the Headspace Care app at no cost to you and your dependents age 13 and older. You have unlimited access to coaching via text-based chats and self-care activities. Video-based therapy and psychiatry services are covered up to eight (8) sessions per person per year (renews each January). Headspace Care is available in Spanish and French for adults age 13 and older.

Have a question? Visit [help.headspace.com](https://help.headspace.com)

