

In-the-moment support for new parents



Find Balance While Parenting

- Anytime** Schedule time to chat with a mental health coach via text, even on weekends or evenings.
- Any challenge** Human-to-human care to help with whatever you're going through.
- Anyone** Diverse, culturally-responsive clinicians fostering an inclusive care environment.
- Anywhere** We go where your smartphone goes. Receive confidential support wherever you are.



Get started today

- 1 Download the HeadSpace Care app.
- 2 Set up your account.
- 3 Follow the instructions and you're all set!

