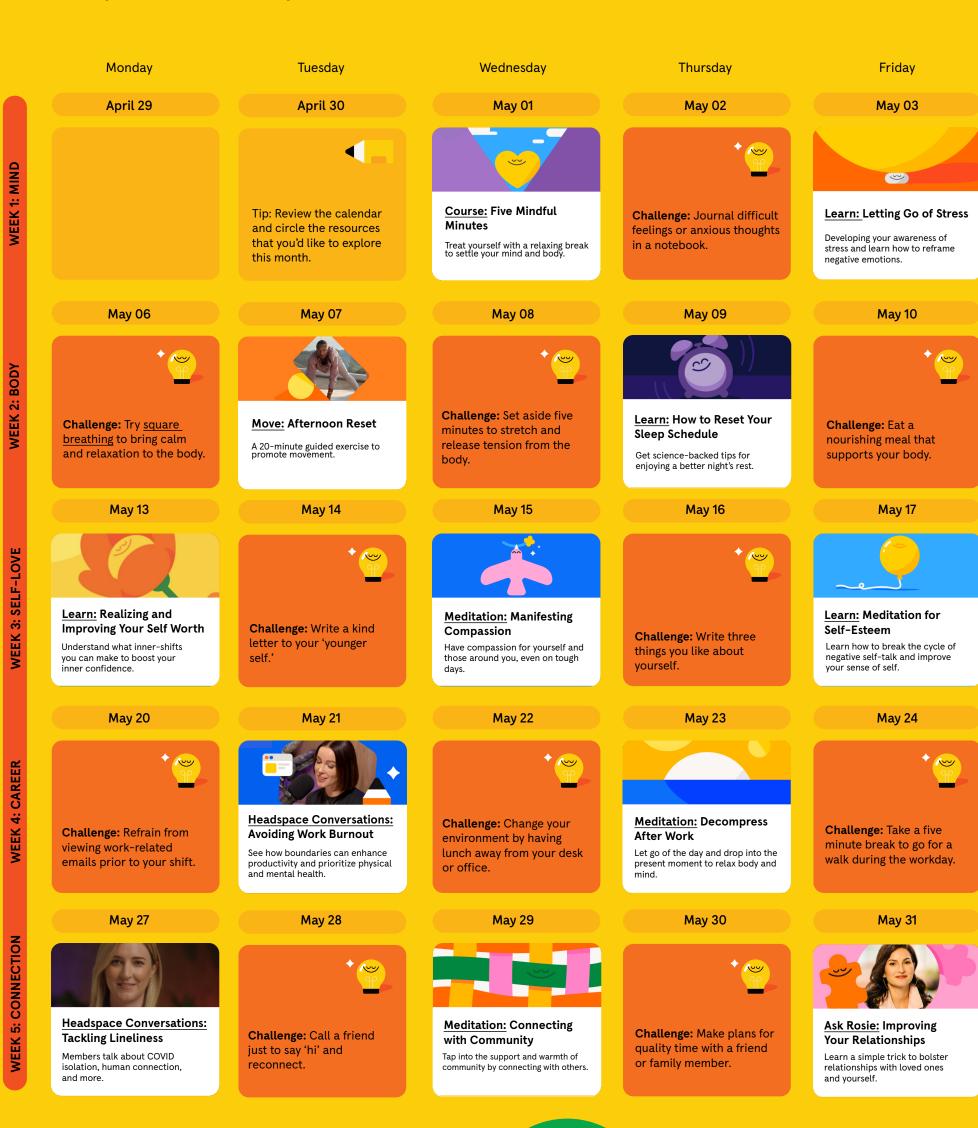
Mental Health Awareness Month

Care for your mind, honor your mental health.

Join us for a month dedicated to being kind to your mind. This May, we invite you to prioritize your mental health with daily resources designed to cultivate tenderness with yourself and others.



Make time for your mind today and every day.

Headspace offers meditations, mindfulness tips, sleepcasts, focus playlists, and more.

Click here or scan QR code to enroll.



Have a question? Email teamsupport@headspace.com

