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.

Have a question? Email teamsupport@headspace.com

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.