

Now offering mental health support for teens.



Headspace Care offers adolescents ages 13-17, who are dependents of Headspace Care-eligible employees, access to text-based coaching, a library of skill building resources, and if needed, video-based therapy and psychiatry sessions.

Teens must be referred by their parent/guardian to get started. Teen care sessions are currently conducted in English. If needed, Spanish support can be provided for Spanish-speaking parents/guardians.



Scan the code to refer your child today.

Have a question? Email caresupport@headspace.com

