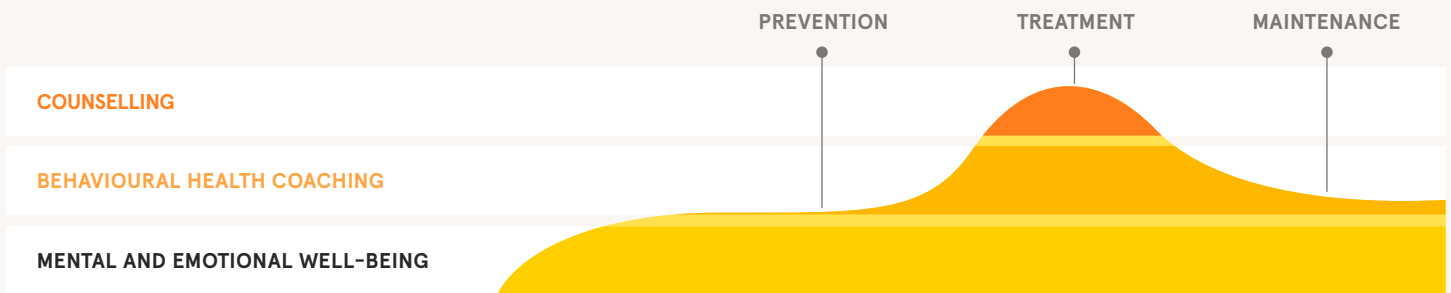


Investing in your Team's Mental Health and Mindfulness



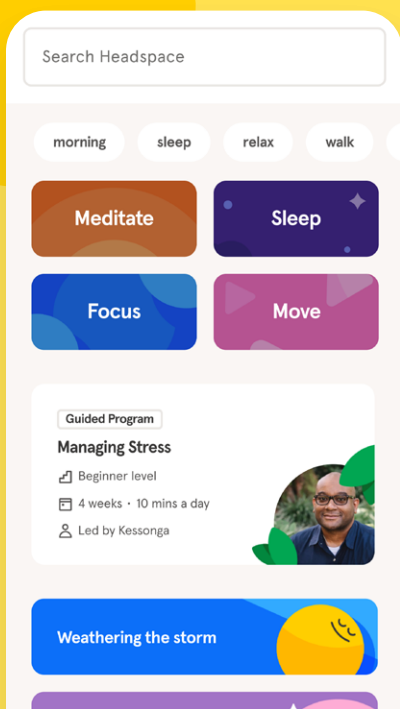
What does a healthy, happy, and productive team look like?

When organisations offer their teams effective mental health resources, people are able to approach their work with positivity and a sense of purpose. A healthy mindset helps teams fully utilise their talents and skills to accomplish goals and contribute to the success of the company – and their own careers.

At a time when employers are facing a tight labour market and budget cuts, offering mental health support is a game-changer. When employees have tools to care for their well-being, leaders build teams with boosted engagement and productivity, less absenteeism, more job satisfaction, and healthier retention.

The Headspace Health Model

Headspace Health is the world's most comprehensive and accessible mental healthcare platform, offering mindfulness and meditation tools rooted in science, plus live behavioural health coaching and counselling. We deliver inclusive, culturally competent care that supports 100 million+ people worldwide.



Our comprehensive library

MEDITATION AND MINDFULNESS EXERCISES

help members manage busy thoughts, develop healthy sleep habits, and work sadness, and loneliness.

MINDFUL MOVEMENT

for quick, mood-boosting workouts and guided activities, like nature walks, yoga, and one-minute dance breaks.

GUIDED SELF-CARE

with a library of articles, e-books, webinars, podcasts, and curated music that support healthy, happy living.

FOCUS MUSIC

to help members fully immerse themselves in the moment, whether it's an important task at work, a physical activity, or a creative hobby.

SLEEPCASTS AND SLEEP MUSIC

for relaxing audio experiences that create the perfect conditions for healthy, restful sleep.

Personalised, on-demand mental health support

Headspace Health includes live mental healthcare, where behavioural health coaches and counselors provide confidential, personalised care to members through the app. Our experts offer high-quality, on-demand support including text-based coaching, video counselling, and guided self-care.

24/7 BEHAVIOURAL HEALTH COACHING

to help members set goals and stay on track, and recommend exercises that meet their specific needs.

COUNSELLING

offers treatment and support for life's challenges and a range of mental health issues, including depression, anxiety, grief, sleep, substance use disorders, and personality disorders.

GUIDED SELF-CARE

with clinically validated resources like videos, podcasts, and activities, as well as personalised content recommendations.

The proof is in the science

When science-backed meditation is partnered with live mental health support, the benefits speak for themselves. We've found that when employers offer our on-demand mental health care system, they see significant improvements for their employees.

14% increase in focus after 1 meditation

32% less stress within 30 days of headspace

29% decrease in depressive symptoms within 8 weeks of headspace

19% decrease in anxiety symptoms within 8 weeks of headspace

59%

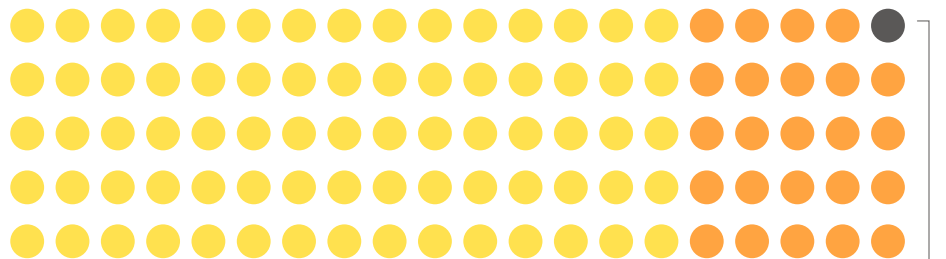
of members show improvement in anxiety symptoms at follow-up

70%

of members show improvement in depression symptoms at follow-up

3

An average increase of 3 positive mental health days, per employee, per month, after one month.



75 IN 100 EMPLOYEES

only require support that fosters mental health

24 IN 100 EMPLOYEES

require mental health support and have moderate needs such as coaching or counselling

1 IN 100 EMPLOYEES

require mental health support and have more acute needs that may require more intense services or treatment

Happier. Healthier. More Resilient.

When people get the mindfulness and mental health support they deserve, employees and organisations both benefit. With less stress and anxiety, restful sleep, higher levels of energy, and increased focus, employees feel happier and healthier — mentally and physically. They're more likely to show up fully to work, feeling engaged, collaborative, and creative. For employers, this means focussed, productive, happy, and healthy employees, and likely a healthier bottom line.

Now is the time to help your team build healthier routines and behaviours, and get the one-on-one care they need with Headspace Health.