

Disaster relief resources to keep you and your loved ones safe



Headspace provides free, around the clock access to resources to help you and your family prepare for, cope with, and recover from a disaster.



- Specialists are available to provide counseling support for issues such as:
 - Anticipatory anxiety about the threat of disaster
 - Post-disaster stress, trauma, grief
 - Guidance on helping your family and children cope
 - Anxiety related to the anniversary of a devastating event
- Qualified, trained consultants are on hand to provide resources for topics such as:
 - Back-up and emergency dependent care
 - Pet care and boarding facilities
 - Temporary housing or emergency shelters
 - Disaster recovery and restoration services

Headspace members also have access to immediate mental health support and meditations including:

- One-on-one guidance from coaches and clinicians who can guide you through challenging emotions and help you reach your goals
- Hundreds of guided exercises for meditation and mindfulness to stress less, focus more, and sleep soundly

Headspace provides confidential mental healthcare and work-life resources to you and your family.

To learn more about your Headspace EAP benefit, visit: [<enrollment URL>](#)

