

Our Member Support team is here to help

Our member support team is here to help your population throughout their mental health journey. Our team is available to chat via app or via email for fast access to support.

Headspace

Member Experience Team

Support is available via email at
teamsupport@headspace.com

Team Support Hours of Operation:

5am-7pm PT, 7 Days a Week

[Live Member FAQ and Help Desk](#)

Care

Member Support Team

Support is available through the app
and via email at
caresupport@headspace.com

Care Support Hours of Operation:

5am-5pm PT, Monday - Friday

8am-5pm PT, Saturday & Sunday

8am-5pm PT, Holidays

