

## Where to start

Support anytime, anywhere



### In the Headspace app

Explore Headspace, a comprehensive mental healthcare app, with hundreds of guided mindfulness exercises, one-on-one coaching support, and virtual appointments with clinicians.



Start today:  
[bit.ly/miltoncat](https://bit.ly/miltoncat)



### 24/7 phone line

Call [855-420-0734](tel:855-420-0734) for in-the-moment care, connections to local referrals, or to schedule in-person therapy. Mental health counselors are available 24/7 via phone to support you and your loved ones. It's always free and confidential.



### Self-serve resources

Visit [headspace.com/work-life](https://headspace.com/work-life) and enter company code: [miltoncat](https://bit.ly/miltoncat) to access articles, videos, free seminars, legal and financial tools, and more.

Milton CAT provides you with access to Headspace EAP. Receive confidential mental health support and work-life resources for you and your dependents.

Therapy services are covered up to eight (8) sessions per person, per issue, per twelve months. Headspace also offers access to one-on-one coaching support and hundreds of mindfulness exercises at no cost, all available in multiple languages.



Get started today:  
Enroll at [bit.ly/miltoncat](https://bit.ly/miltoncat)



Let's work this out together.  
Lina, Care Coach

Letting Go of Stress  
Guided Program



## Say hello to Headspace EAP

Everyday support for work and life



Whatever you're going through, Headspace Employee Assistance Program (EAP) can help. Access confidential mental health support, connections to vetted, local clinicians, and time-saving resources to guide you through life's everyday challenges.\*

In addition to local referrals and time-saving resources, Headspace gives you access to:

### **Meditation, mindfulness, & sleep support**

Hundreds of guided meditation and mindfulness exercises in the Headspace library to stress less, focus more, and sleep soundly.

### **Guided courses**

Move through guided courses at your own pace and develop skills to manage stress, improve sleep habits, or manage difficult emotions.

### **Mental health coaching**

Get one-on-one support via confidential, text-based chat in the Headspace app with a coach. Coaches are available for in-the-moment support or as a long-term accountability partner.

### **Convenient therapy appointments**

If you need extra support, you can schedule a video appointment with a licensed therapist or psychiatrist right from the Headspace app. In-person appointments are also available.



**Get started today:**  
Enroll at [bit.ly/miltoncat](https://bit.ly/miltoncat)

Need help enrolling or have a question, visit [help.headspace.com](https://help.headspace.com)



For support with life's challenges, Headspace can connect you to confidential, local resources.

To request a service below or get more information, call **855-420-0734**.

### **Family and Caregiving**

- Childcare
- Elder care
- Adoption
- Education
- Special needs
- New Parents

### **Career**

- Interpersonal Skills
- Work-life balance
- Stress management
- Time management
- Manager trainings

### **Everyday Living**

- Household needs
- Pet Care
- Moving and relocation
- Community resources
- Volunteer opportunities

### **Legal and Financial**

Meet with a certified financial planner or an attorney for a free, 30 minute consultation to discuss your needs.

- Wills or estates
- Family law and divorce
- Budgeting
- Loans
- Mortgages
- Retirement planning
- Credit repair

## **Here for you and your loved ones**

**Your family members have access to Headspace, too**

### **Resources include:**

- Headspace app for adults and teens
- Adult virtual or in-person therapy
- Virtual and in-person therapy for teens 13+
- In-person therapy for children 6-12
- In-person couples or family therapy

**To refer your dependents ages 13+ to the Headspace app, follow the steps below:**

1. Get started at [bit.ly/miltoncat](https://bit.ly/miltoncat)
2. Follow the onboarding instructions
3. Tap your profile icon once you're in the Headspace app
4. Scroll down, tap to invite your dependents 13+

**For immediate support or to schedule a service within the US, call **855-420-0734**.**

\*This document is for general informational purposes. Check with your organization for specific information about benefits, limitations and exclusions.