# 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.

**Download today:**
https://work.headspace.com/geosyntec/member-enroll



### 24/7 phone line

Call 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

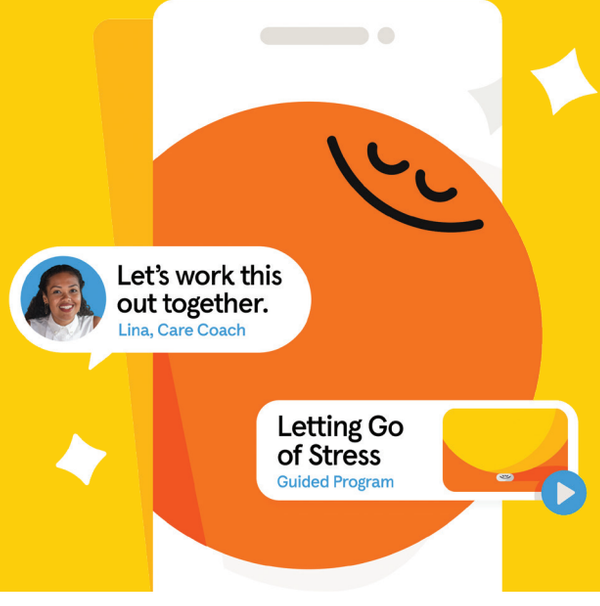
Visit headspace.com/work-life and enter company code: Geosyntec to access articles, videos, free seminars, legal and financial tools, and more.

Geosyntec provides you with access to Headspace EAP. Receive confidential mental health support and work-life resources for you and **5** dependents.

Therapy services are covered up to **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 https://work.headspace.com/geosyntec/member-enroll

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# 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 https://work.headspace.com/geosyntec/member-enroll

Need help enrolling or have a question, visit help.headspace.com and use the code Geosyntec.



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 https://work.headspace.com/geosyntec/member-enroll
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.