headspace

Everyday support for work and life

Headspace is here to help

Headspace, your employee assistance program (EAP) offers confidential mental healthcare and access to practical and time-saving resources to help you navigate life's everyday challenges.

Emotional Health

relationships · life transitions · grief and loss · anxiety and depression · substance abuse

Personal Health

healthy habits · exercise · nutrition · managing illness · chronic conditions

Family and Caregiving

childcare · elder care · adoption · education · special needs · new parents · life stages

Career

interpersonal skills · teamwork · training and education · work-life balance · stress · time management

Everyday Living

household needs · pet care · travel and leisure · volunteer opportunities · community resources

Legal and Financial

wills · estates · neighbor disputes · budgeting · loans · mortgages · retirement planning · credit · ID theft

Contact us today!

Visit the website below to learn more about our work and life support or call the 24/7 member support gline to receive vetted and available referrals that meet your unique needs.

For self-serve resources, visit headspace.helpwhereyouare.com and enter company code: **fisher investments**

For immediate support or to schedule a service within the U.S., call **855-420-0734**. For support outside of the U.S., visit headspace.helpwhereyouare.com to locate your country-specific phone line and use company code: **fisher investments**

Headspace also offers confidential access to hundreds of guided meditation and mindfulness exercises. And when you need a little more support, you'll be able to text with a mental health coach in the app, or set up an appointment with a clinician.

Get started today: work.headspace.com/fisherinvestments/member-enroll