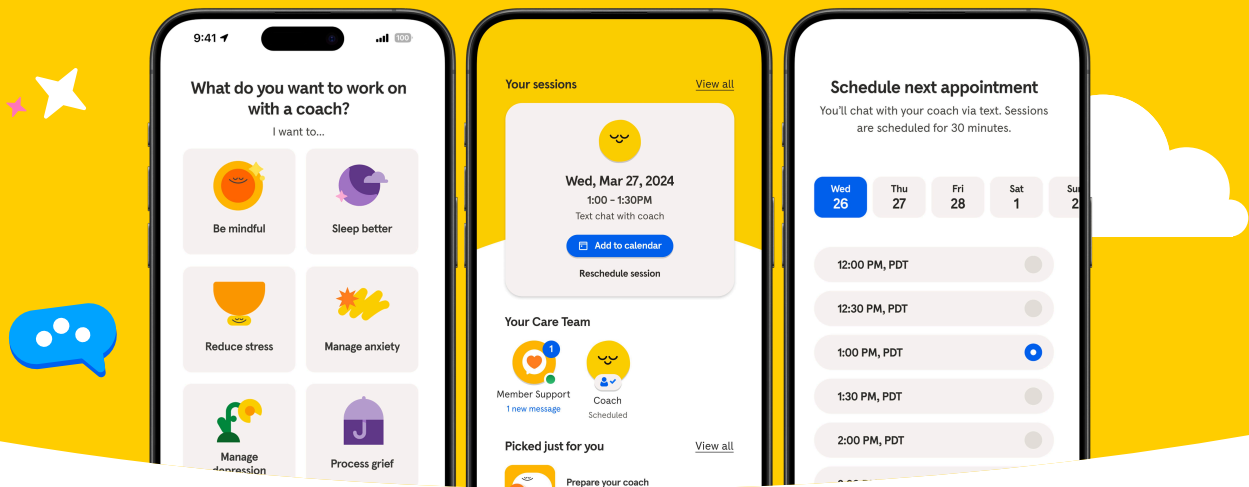


# EAP Plus by Headspace is here for you

Personalized mental health care, mindfulness tools, and everyday life resources – all in one app



Introducing Employee Assistance Program (EAP) Plus by Headspace: your personal guide to caring for your mind and navigating life's demands. Stress less, focus more and sleep soundly with hundreds of guided exercises and expert-led programs. Need more support? Connect one-on-one with an experienced mental health coach or clinician all in the Headspace app. You'll also have access to confidential and local work-life services through Headspace and the internal Texas Children's EAP – including help with child and elder care, legal and financial guidance, and more.



The best part? Texas Children's provides you with a Headspace benefit at no cost to you. You can even invite up to [5] dependents to access this benefit, too.

Scan the QR code to get started.

[work.headspace.com/texaschildrens/member-enroll](https://work.headspace.com/texaschildrens/member-enroll)

Have a question? Visit [help.headspace.com](https://help.headspace.com)

# Care for your mind, anytime

Support for all of life's moments—big or small.



## Everyday mindfulness

Explore hundreds of guided mindfulness exercises and expert-led courses to manage stress, sleep soundly and bounce back from challenges – anytime, anywhere.



## Mental health coaching

Headspace coaches are here to guide you through everyday challenges. Whether you're managing anxiety, handling work stress or having trouble sleeping at night, chat with a coach instantly or schedule your session—all through private conversations directly in the app.



## Therapy & psychiatry\*

For deeper support, connect with a clinician. They're available within days—even on weekends and evenings – and they'll work with your coach to make sure you have the care you need.



## Resources to balance work and life

Get connected to local resources for help with child and eldercare, financial guidance, legal assistance, work processes and more.

Call an EAP specialist to find an in-person therapist near you or to find local work-life resources.

Internal TC EAP:  
**832-824-3327**

EAP Plus by Headspace:  
**855-888-5223**

“

“Headspace has encouraged me to check in with myself during the day and bring myself back to the now. I'm going through a lot of changes and it has been really helpful.”

WHAT MEMBERS ARE SAYING

\* Although psychiatry services are based on your medical benefits, you do not have to be enrolled in your medical benefits in order to claim the rest of your Headspace benefit at no cost.