



Headspace for Healthcare

End-to-end mental health support built for those who care for others

Hospitals and health systems across the country are turning to Headspace to reduce burnout, improve outcomes, and care for their entire workforce. From frontline nurses to administrative staff, support teams, and beyond, we're here for your people when they are on and off the clock.



We understand the pressures healthcare workers face everyday

Healthcare workers are experiencing record levels of burnout and stress leading to compassion fatigue, turnover, and higher medical costs.

6 in 10

doctors and nurses experience burnout at work

8 in 10

healthcare workers have experienced patient aggression or violence¹

6 weeks

is the national average wait time for behavioral health services²



Wrap around mental health care designed for your people

Headspace delivers mental health care built for the unique pressures of healthcare environments. You gain a thought partner to help cultivate a culture of care and reduce stigma around seeking support. Your team gets an easy-to-use and accessible solution with coaching, therapy, psychiatry, work-life services, and everyday tools to manage stress, build resilience, and stay well.

On-Demand Meditation and Mindfulness Tools

Mindfulness, meditation, and self-care tools to reduce stress, improve sleep, and build resilience

24/7/365 Coaching

Connect with a mental health coach in under **2 minutes**, anytime—before, after, or even during a shift

Therapy & Psychiatry

Fast access to licensed therapists and board-certified psychiatrists trained in supporting healthcare professional's unique needs. **1 day** to first therapy appointment

Support for Work and Life

Find childcare, eldercare, legal support, financial services, and manager training in one place

Evidence-based, real outcomes

UCSF employees reported lower burnout and better mental health — with a boost in workplace engagement (JAMA Study)



84%+

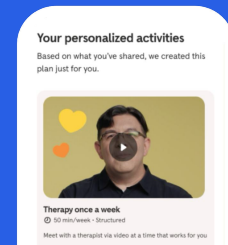
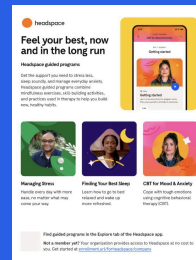
of healthcare members saw improved anxiety and depression symptoms



3+

healthy, productive days per month

The Headspace Difference



Engaging and well-known brand

The beloved Headspace brand reduces stigma, drives adoption, and opens a wider door to support

Partner to strengthen workplace culture

We go beyond benefits — helping you embed mental health into your organization with customizable communication playbooks, live workshops, and toolkits

Personalized care

Our team of coaches and clinicians work together to help members navigate life challenges and get the right level of care for their unique needs

Proven to have a positive impact on healthcare workers

4 weeks of Headspace **reduced burnout and compassion fatigue** in nurses¹

Stanford University Hospital residents saw **increased mindfulness and positive moods** after 4 weeks²



As a healthcare organization, we know firsthand how essential it is to care for the caregivers. Partnering with Headspace allows us to bring thoughtful, accessible mental health support to our own employees—empowering them to thrive emotionally while doing meaningful work for others. It's one way we're redefining how modern healthcare employers prioritize well-being.

Monica Foster
VP of Total Rewards, Quantum Health



Join leading healthcare organizations partnering with Headspace to deliver end-to-end mental health care

For more information, visit get.headspace.com/healthcare

¹ Journal of Pediatric Nursing

² National Center for Biotechnology Information