

Support for the ones you love



Your family has access to Headspace, too

In addition to guided meditation + mindfulness exercises, mental health coaching, and clinical care, Headspace can connect you to confidential resources to help you save time as you navigate life's challenges.

Encourage the ones you love to live happier, and healthier every day by inviting them to your family plan. The best part? It's all free through your Crowley Wellbeing Benefit!



For work and life resources, visit [headspace.helpwhereyouare.com](https://work.headspace.com/crowley/member-enroll) and enter company code: **crowley**

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, or set up an appointment with a clinician. *Services may vary based on region.*

Join Headspace: work.headspace.com/crowley/member-enroll

How do I extend this benefit to my family?

Headspace EAP primary members (employees whose companies offer the benefit) can invite their family members to enroll and access the same services all included in the company benefit.

Are there any age restrictions for care services?

Headspace offers in-person clinical care for children 6-12 years through their parent's accounts. No coaching is available for children of this age, and kid-related content is only available through their parent's account.

Teens 13 and above can be referred to the app as a dependent and create their own account to receive unlimited coaching and up to 8 sessions per issue through therapy.

Refer your teen dependent (ages 13-18+)

Teens must be referred by their parent/guardian

1. First enroll in your benefit using the 'Join Headspace' link, work.headspace.com/crowley/member-enroll
2. Then, navigate to the **Manage Accounts** page on a web browser, www.headspace.com/family/manage
3. Invite up to five loved ones by inputting their email addresses. Be sure to click '**Save**' to ensure the invitations are sent.

Crowley provides confidential mental healthcare and work-life resources to you and your dependents. Headspace offers access to one-on-one coaching support and hundreds of mindfulness exercises at no cost. Coaching is not available in Guatemala, Honduras, and Nicaragua. Therapy services are covered up to 8 sessions per person, per issue, per year. Psychiatry services are available, with coverage based on your health plan. Please contact your health plan for more information. These services exist in multiple languages.

Have a question? Visit us at <https://help.headspace.com>

