

# 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

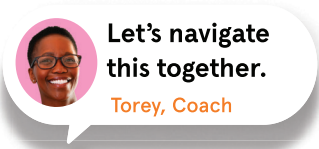
interpersonal skills • teamwork • training and education • work-life balance • stress • time management

### 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



Let's navigate this together.  
Torey, Coach



## Contact us today!

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



For self-serve resources, visit [headspace.helpwhereyouare.com](https://headspace.helpwhereyouare.com) and enter company code: **crowley**

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](https://headspace.helpwhereyouare.com) to locate your country-specific phone line and use 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 in the app, or set up an appointment with a clinician. **Get started today: [work.headspace.com/crowley/member-enroll](https://work.headspace.com/crowley/member-enroll)**