

Headspace for Work



Mindful people. Healthier business.

Your team's mental health is everything. Headspace for Work is the science-based mental health solution that creates healthier workplaces from the inside out.

Through our member-loved meditation, mindfulness, and sleep app and custom enterprise products and services, we help organizations build more compassionate and productive cultures that drive serious outcomes.

70+ million downloads

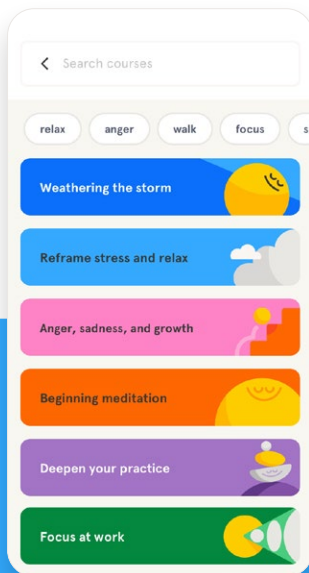
A solution your team will use and love

Enterprise ready

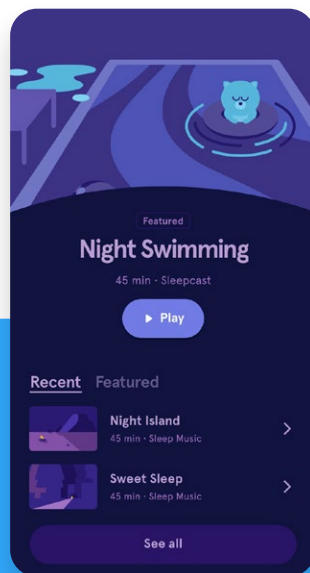
Supporting 1,800+ top organizations globally

Backed by science

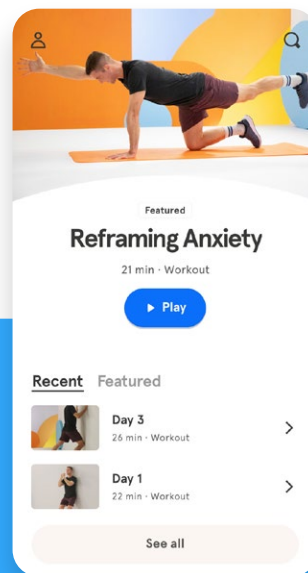
One of the largest research pipelines of any digital health and wellness company



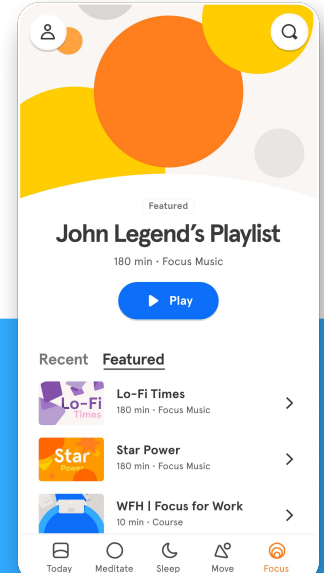
Stress Less



Sleep Soundly



Move More



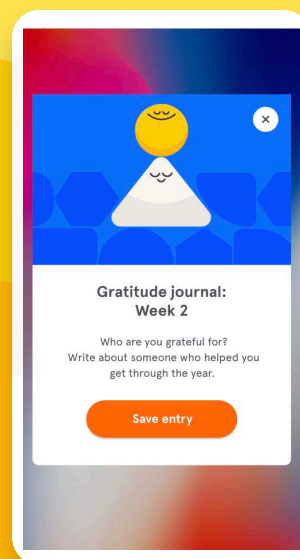
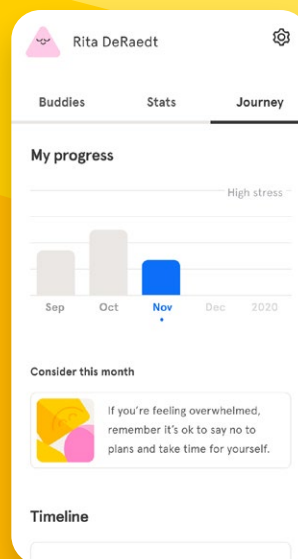
Focus Better

"After reading the employee feedback on Headspace, we knew it was the right choice for us. With Headspace, we're able to provide an on-demand, approachable solution to support our employees' well-being in a way that works for them."

SARAH TORRES, GLOBAL WELL-BEING STRATEGIST, ADOBE

Employer Solutions

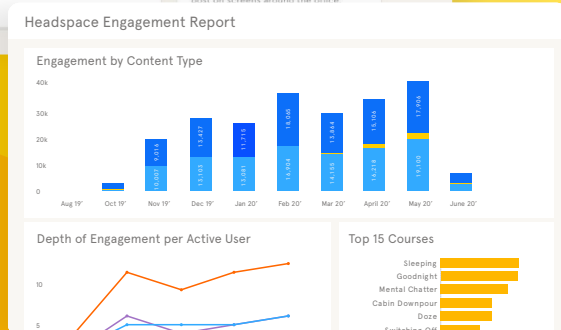
Easily launch and manage your program through a suite of products, including your workplace dashboard, engagement resources, and measurement tools to see the impact on your team.



Employee Experience

Members get access to hundreds of hours of guidance, on everything from stress to focus to sleep.

Plus, custom features designed for the workplace like live meditations, community programming, monthly newsletters, and more.



Professional Services

Get expert support from start to finish. From program design to immersive live experiences, our Partner Success team helps you develop a mental health program that fits the unique needs of your workplace.

Join 2,000+ organizations prioritizing their team's mental health

