

Childcare resources to support your family



Whether you're planning to start a family or working through everyday challenges of parenting, Headspace EAP can help. Contact us for around the clock access to a range of child care and parenting resources:



Referrals and provider location assistance

- Day care, nannies, and after-school care
- Education, tutoring, and extracurricular activities
- Pediatric care, maternity care, fertility specialists, and special-needs support

Online resource library for families and caregivers

- Pregnancy, fertility, and adoption

Headspace members also have access to immediate mental health support and meditations including:

- Hundreds of guided exercises for meditation and mindfulness to stress less, focus more, and sleep soundly
- One-on-one guidance from coaches and clinicians who can guide you through challenging emotions and help you reach your goals

Headspace provides confidential mental healthcare and work-life resources to you and your family. To learn more about your Headspace EAP benefit, visit:

work.headspace.com/fisherinvestments/member-enroll



To talk with an EAP specialist within the U.S., call [855-420-0734](tel:855-420-0734). For support outside the U.S., visit headspace.com/work-life to locate your country-specific phone line. Use company code: [fisher investments](#)