

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

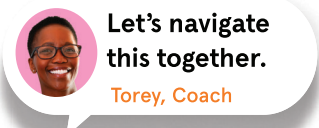
interpersonal skills • teamwork • training and education • work-life balance • stress • time management

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 gline to receive vetted and available referrals that meet your unique needs.



For self-serve resources, visit headspace.helpwhereyouare.com and enter company code: **fisher investments**

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 to locate your country-specific phone line and use company code: **fisher investments**

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/fisherinvestments/member-enroll