

# Moving and relocation resources



Whether you or a family member are relocating by choice or out of necessity, Headspace EAP can help take some of the stress and guesswork out of your move with a variety of free resources to support you every step of the way.



- Easy-to-access online Relocation Center, featuring tips and tools for choosing a reputable moving company, finding pet-friendly rental housing, recognizing reverse mortgage scams, researching city-specific demographics, and more
- Resources and referrals for movers, realtors, childcare, health and wellness needs, daily convenience needs and more
- Professional consultation to help manage any legal or financial aspect pertaining to your move

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

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

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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](https://work.headspace.com/fisherinvestments/member-enroll)

