

# 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

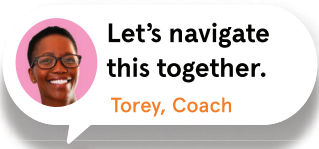
interpersonal skills • teamwork • training and education • work-life balance • stress • time management

### 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



## 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.com/work-life](https://work.headspace.com/work-life) and enter company code: IMA

**Mental health counselors are standing by to help.** For in-the-moment support or to request a service, call **855-420-0734**

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, or set up an appointment with a clinician, right from the app.

Get started today: <https://work.headspace.com/imafinancialgroup/member-enroll>