


Meet Ebb,
your empathetic AI companion
by  headspace

Your empathetic AI companion for life's ups and downs – right in your Headspace app.

Ebb is your empathetic AI companion, designed to help you through life's ups and downs. Chat with Ebb to process your thoughts and emotions, and explore reflection prompts, meditations, and activity recommendations.

Built by clinical experts with your safety and privacy in mind, Ebb can guide you through moments like relationship challenges, work stress, burnout, and more – so you know you're not alone.

Ready to get started?



Already enrolled? Open your Headspace app to explore Ebb today

Not signed up yet? Enroll now to unlock Ebb and more

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

