



A Quick Update on Your Mental Health Benefit

Last October, we introduced a new mental health benefit called Ginger, which gives you easy access to confidential, emotional and mental health support.* We wanted to let you know that this benefit has a new name:

Headspace Care.

NEW NAME, SAME GREAT BENEFIT

The mental health benefit name may be changing, but the benefit is not. If you've already downloaded the Ginger app, it will automatically update to the Headspace Care app on your device on October 31, 2023—you don't have to do anything. You'll have the same Care Team as you do now, and you'll keep any upcoming appointments you've scheduled. When you go into the app, things may look a little different, but your experience will stay exactly the same. You can continue to access the same three components of care you did before:

Behavioral Health Coaching

Text with a trained behavioral coach within seconds anytime, 24/7/365—at no cost to you.

Therapy & Psychiatry

Make an appointment to meet with a licensed therapist or psychiatrist via video; sessions available on evenings and weekends to fit your schedule.

Self-Care Library

Explore more than 200 free, clinically validated resources at anytime to help you practice well-being techniques and develop life skills.

Remember, the mental health benefit offered through Headspace Care doesn't replace the Employee Assistance Plan (EAP) offered through ComPsych. Both Headspace Care and the EAP provide benefits that are designed to help you deal with life's challenges but the one you'll use will depend on the type of issue and level of support you need. The EAP continues to be a great resource if you're struggling with personal and work-related problems, as it offers confidential counseling, online resources and referrals for things like child/elder care and home repair. Headspace Care is ideal for those who need more emotional and mental health support.

HAVEN'T USED THE MENTAL HEALTH BENEFIT YET? IT'S NOT TOO LATE!



Headspace Care

Here's how to get started:

1. Search for **Headspace Care** in Google Play or the App Store and download the app.
2. In the app, tap on "create account" and "my organization."
3. You'll be prompted to enter some basic information about yourself.

Then, you're all set to access care! Follow the in-app instructions to navigate to the care you need.

EXPLORE THE POWER OF PRESENCE

Join Headspace for a live workshop on **Thursday, November 16** to learn how to cultivate a practice of gratitude.

Choose the time that works best for you:

- **Session 1:** 9 a.m. PT / 12 p.m. ET
- **Session 2:** 5 p.m. PT / 8 p.m. ET

[REGISTER NOW](#)

** You are receiving this communication as your institution is participating in the Ginger program. Not all UNC constituent institutions elected to participate in Ginger at this time. Please contact your Human Resources Department for additional information.*

