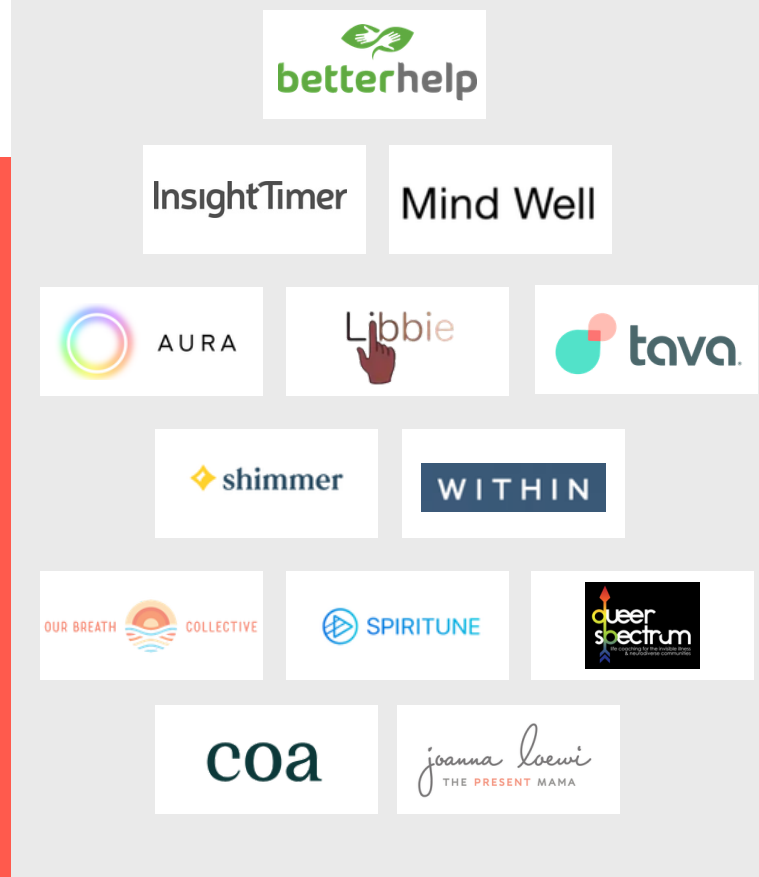


Mental Health Resources

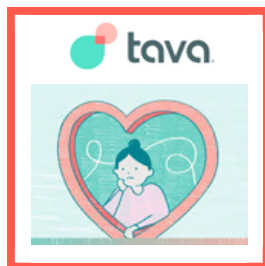
Choose from a wide range of resources from guided meditations to talk therapy, and mindful movement to feel your best inside and out.



HK members receive **free access** to Insight Timer. Join the largest library of meditation, sleep, breathwork, yoga, and contemplation tools in one app. Insight Timer allows you to build healthy habits and create a well-being routine that works for you.



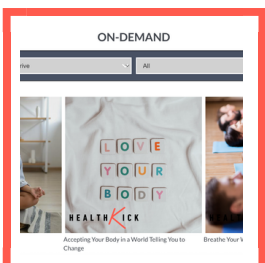
HK members receive one **week free plus 30% off** annually. Discover a powerful library of meditation, sleep, breathwork, yoga, and mindfulness experiences—all in one app. Aura Health helps you build lasting habits and create a personalized wellness routine that fits your life.



Tava Health services are **covered by insurance**. Tava Health connects you with licensed therapists, personalized care, and flexible virtual sessions so you can build lasting mental wellness with professional support that fits your life.



HK members get their **first month free**. Connect with a licensed therapist anytime, anywhere. BetterHelp offers flexible online therapy, personalized matching, and convenient sessions to support your mental health on your schedule.



Free, on-demand mental wellbeing content on HealthKick. Explore videos covering meditation, sound baths, mental health support, resilience-building topics, and more, designed to help you recharge, refocus, and strengthen your well-being anytime.



We Asked Our Partners

What's your simple advice for how employees can relieve their feelings of stress, and overwhelming emotions or simply support their mental health?

What do you do personally to support your mental wellness?



Beth Lipton
Health Coach

“The quickest and most accessible way I know to manage stress is deep breathing. Taking deep belly breaths actually activates physiological processes in the body that calm us down from the inside out. Try breathing in for 4 slow counts, hold for 4, exhale for 4, and hold for 4. You can do it during moments of acute stress, and also build it into your day to help keep stress at bay. Take a few breaths when you’re commuting, waiting in line, or before meals.”

“I have a twice-a-day meditation practice that I’ve been doing for about 7 years, 15 minutes at a time. (I’m super fidgety so believe me, if I can do it, anyone can!) Regular exercise and quality sleep are also key for my mental health.”



Katie Mitchell
Unfold Yoga + Wellness

“Small changes create radical results. I believe that taking care of yourself is PART OF your work, not an afterthought. Schedule wellness breaks into your workday like you would any other meeting. Prioritize your wellbeing so you're able to show up for your life in the ways that matter most.”

“Lately I've been finding real value in simply slowing down - from making coffee in the morning, to walking my dog, to bathing my daughter at night. By intentionally bringing a SLOWness to the process, mindful living becomes more accessible. It's integrated into my day, rather than something that I need to check off my to-do list. “



Kathleen Booker
Jedi of Calm

“Right now just place your hand in the center of your chest...lightly allow your palm to rest on your chest. Take an easy Breath...easy...do that again....take an easy breath. Now just sighhhhh.”

“Exactly what I shared! For me just the awareness of my Breath is like a lifesaver or buoy to hold on to when the waters are a bit rough!”