



# Self-care apps for emotional wellness

Get help with anxiety, stress, sleep, mood, and more — 24/7, at no cost to Kaiser Permanente members.



**Calm** is the number one app for sleep, meditation, and relaxation\*



**Headspace** provides live text-based emotional support coaching and hundreds of self-guided resources

\*Calm is the number one app for sleep, meditation, and relaxation. Learn more at [calm.com/blog/about](https://calm.com/blog/about).



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