All employees may now utilize Headspace at no cost. Follow the instruction on back side of flyer to get started today!

For troubleshooting and technical assistance please reach out to teamsupport@headspace.com

Any other questions may be directed to Troy Bacon at wellness@nmusd.us
Step 1: Find your school district location

- Visit https://www.headspace.com/educators
- Under “SELECT SCHOOL LOCATION” select "CALIFORNIA (M-R)"
- Bigger states are categorized by school districts in alphabetical order, so select the option based on the first letter of your school district. (e.g. Newport Mesa Unified School District “California (M-R)”)  

Step 2: Verify your school/district email

- After selecting your state, you will be directed to a specific state landing page
- If you are new to Headspace, please sign up for a new account. If you have an existing Headspace account, navigate to "ALREADY HAVE AN ACCOUNT? LOG IN" to enter your existing Headspace credentials.
- After signing up or logging in, you will need to verify your school/district email address by entering your school email address
- You will then receive a confirmation email as a final step.

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