



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 #1 app for sleep, meditation, and relaxation*



Headspace Care (formerly called Ginger) provides 1-on-1 emotional support coaching by text and self-care activities



myStrength offers personalized programs designed to help you make positive changes

*Calm is the number 1 app for sleep, meditation, and relaxation, with over 100 million downloads and 1.5 million-plus 5-star reviews. Learn more at calm.com/blog/about



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