



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 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.



Visit kp.org/selfcareapps to get started