



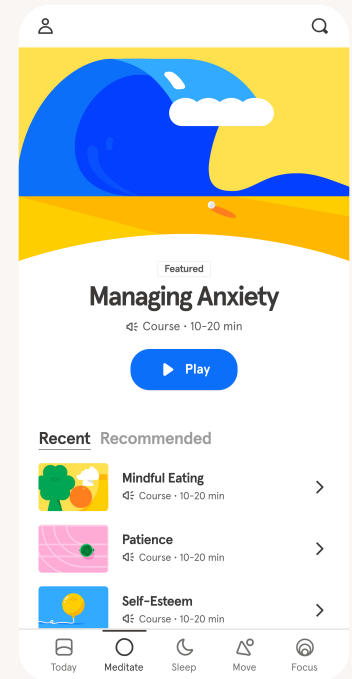
Information for Team Members under 18 years old:

HEADSPACE

For access to self-guided meditations, sleep support and mindfulness exercises, sign up for Headspace:

If you are located in the US, and between the ages of 13-18: [click here](#) to sign up.

Team members under the age of 18 in the UK & Canada do not have access to the Headspace app at this time.



WORK/LIFE SERVICES

For access to clinical care:

Team members under the age of 18 will not have access to the Ginger app. To receive clinical care, please call in using the following phone lines:

US/Canada: 888-WFM-TMAP (888-936-8627)

UK: Freephone: 0800 243 458 | Direct Dial: +44 20 8987 6230

You can also visit the website [here](#), and enter the code WFM.

Psychiatric care will be referred through your health plan.

