Support at every step

## 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: <u>click here</u> 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 <u>here</u>, and enter the code WFM.

Psychiatric care will be referred through your health plan.



Welcome to the Team Member Assistance Program, a comprehensive lifestyle benefit for you and your family. As part of the program, this website offers a hub of articles and information on popular

topics and connects you to exclusive				
resources	, tools, and	daily living	calculators.	

$\searrow$	Company Code:	
	LOGIN	



