



Let's meditate together

# World Mental Health Day

**Thursday, October 9**

9 am PT / 12 pm ET / 4 pm UTC

Mental health is more important than ever — and it starts with taking care of ourselves. The Headspace team invites you to share a moment of hope in honor of World Mental Health Day.



Register for the next session  
and watch past recordings:

[link.headspace.com/2025-events](https://link.headspace.com/2025-events)