

# Honoring Veterans Day



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## Recognizing courage with gratitude

Honoring Veterans Day on Nov 11th means saluting the courage and sacrifice of the individuals who put their country first. In honoring them, we recognize the importance of putting their mental health first. That's why we're providing the tools and resources that support overall well-being, so that our veterans feel supported in dealing with the lasting psychological effects plus any challenges related to returning to civilian life.

Have a question? Email [teamsupport@headspace.com](mailto:teamsupport@headspace.com)

## Headspace Resources\*:

[The Nature of Change](#)

[Managing Anxiety](#)

[Moving with Purpose](#)

*\*Note that in-app activities can only be accessed via your smartphone. If the links are accessed via desktop, you will need to Log In to your Headspace account to view the activities.*

