

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK 0001864881
Filer CCC XXXXXXXXX
Is this a LIVE or TEST Filing? LIVE TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer LifeStance Health Group, Inc.
SEC File Number 001-40478
Address of Issuer 4800 N. SCOTTSDALE ROAD
SUITE 2500
SCOTTSDALE
ARIZONA
85251
Phone 602-767-2100
Name of Person for Whose Account the Securities are To Be Sold Bessler Robert

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Director

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common Stock	Fidelity Brokerage Services LLC 245 Summer Street Boston MA 02110	7752	54267.10	389783210	04/23/2026	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition	Name of Person from	Is this	Date Donor	Amount of Securities	Date of Payment	Nature of Payment *
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Transaction	Whom Acquired	a Gift?	Acquired	Acquired	
Common	06/01/2017 Private Placement	Vitthal gift Trust initially acquired shares then transferred to Vitthal LLC	<input type="checkbox"/>	3876	06/01/2017 n/a
Common	06/01/2017 Private Placement	Shama gift Trust initially acquired shares then transferred to Shama LLC	<input type="checkbox"/>	3876	06/01/2017 n/a

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Robert Bessler C/O LifeStance Health Group, Inc. 4800 N. SCOTTSDALE ROAD Scottsdale AZ 85251	Common Stock	04/21/2026	5101	35749.48

144: Remarks and Signature

Remarks	3,876 shares are being sold from SHAMA LLC/ Michele Marie Cannon and 3,876 shares sold from Vitthal LLC/ Robert Bessler
Date of Notice	04/23/2026
Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1	12/16/2025

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature /s/ Audrey Skillern as a duly authorized representative of Fidelity Brokerage Services LLC, as attorney-in-fact for Robert Bessler

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)