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**UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549**

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**SCHEDULE 14A**

**Proxy Statement Pursuant to Section 14(a) of the  
Securities Exchange Act of 1934  
(Amendment No. )**

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Filed by the Registrant

Filed by a Party other than the Registrant

Check the appropriate box:

- Preliminary Proxy Statement
- Confidential, for Use of the Commission Only (as permitted by Rule 14a-6(e)(2))**
- Definitive Proxy Statement
- Definitive Additional Materials
- Soliciting Material under §240.14a-12

**LIFESTANCE HEALTH GROUP, INC.**

(Name of Registrant as Specified in Its Charter)

(Name of Person(s) Filing Proxy Statement if other than Registrant)

Payment of Filing Fee (Check all boxes that apply):

- No fee required.
  - Fee paid previously with preliminary materials.
  - Fee computed on table in exhibit required by Item 25(b) per Exchange Act Rules 14a-6(i)(1) and 0-11.
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C/O TABULATOR, P.O. BOX 8016, CARY, NC 27512-9903

# Your vote matters!



## LifeStance Health Group, Inc. Annual Meeting of Stockholders

Tuesday, June 2, 2026 1:00 PM, Pacific Time

This meeting will be held live via the Internet - please visit [www.proxydocs.com/LFST](http://www.proxydocs.com/LFST) for more details.

**You must register to attend the meeting online and/or participate at [www.proxydocs.com/LFST](http://www.proxydocs.com/LFST)**

**For a convenient way to view proxy materials, VOTE, and obtain directions to attend the meeting go to [www.proxydocs.com/LFST](http://www.proxydocs.com/LFST)**

**To vote your proxy while visiting this site, you will need the 12 digit control number in the box below.**

This communication presents only an overview of the more complete proxy materials that are available to you on the Internet. This is not a ballot. You cannot use this notice to vote your shares. We encourage you to access and review all of the important information contained in the proxy materials before voting.

Under United States Securities and Exchange Commission rules, proxy materials do not have to be delivered in paper. Proxy materials can be distributed by making them available on the internet.

If you want to receive a paper or e-mail copy of the proxy material, you must request one. There is no charge to you for requesting a copy. In order to receive a paper package in time for this year's meeting, you must make this request on or before May 22, 2026.

**SEE REVERSE FOR FULL AGENDA**

**Meeting Materials:** Notice of Meeting and Proxy Statement & Annual Report on Form 10-K

**Important Notice Regarding the Availability of Proxy Materials for the Stockholders Meeting to be Held On June 2, 2026 For Stockholders of record as of April 10, 2026**

**To order paper materials, use one of the following methods.**



**Internet:**  
[www.investorelections.com/LFST](http://www.investorelections.com/LFST)



**Call:**  
1-866-648-8133



**Email:**  
[paper@investorelections.com](mailto:paper@investorelections.com)

\* If requesting material by e-mail, please send a blank e-mail with the 12 digit control number (located below) in the subject line. No other requests, instructions OR other inquiries should be included with your e-mail requesting material.

Your control number

Have the 12 digit control number located in the box above available when you access the website and follow the instructions.



**THE BOARD OF DIRECTORS RECOMMENDS A VOTE:  
FOR ON PROPOSALS 1, 2 AND 3**

**PROPOSAL**

1. Election of two director nominees named in the Proxy Statement to serve until the 2029 Annual Meeting of Stockholders.
  - 1.01 David Bourdon
  - 1.02 Robert Bessler, M.D.
2. Ratification of the appointment of PricewaterhouseCoopers LLP ("PwC") as our independent registered public accounting firm for the year ended December 31, 2026;
3. Approval, on an advisory basis, of the compensation of the Company's named executive officers;
4. Transacting such other business as may properly come before the meeting or any adjournment thereof.

