

# Alcohol and Drug Use Support

Spring Health can connect you with high-quality care suited to your needs.

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**Spring Health, your mental well-being benefit from Trinity Health, offers access to substance use support programs for colleagues and their household members (age 18+).**

We recognize how challenging it can be to find substance use support that is accessible and effective. With Spring Health, you have access to best-in-class resources and programs to help you or your family member get the right care and treatment when it's needed most.

If you're struggling with alcohol or drug use, Spring Health makes it easy to get help quickly.

- **Convenient, private options.** From telemedicine and self-paced programs at home to residential treatment, our programs are suited to your needs.
- **Easy access.** Spend less time finding available options and more time finding the right care.
- **Dedicated support.** A dedicated, licensed clinician gets to know you and helps choose the program that fits your needs. They are also there to check in with you during and after treatment to prevent relapse.
- **Affordable.** We'll make sure that you find a program that is right for your lifestyle and budget.



To learn more about Spring Health's alcohol and drug use support programs, call **1-855-629-0554**.



## How to get confidential support

Colleagues and household members (age 18+) can take the following steps to get support:

1. Sign up or sign in to your Spring Health account at [trinityhealth.springhealth.com](https://trinityhealth.springhealth.com). From there, you'll be prompted to complete a 5-minute assessment, which helps us better understand the type of support you're looking for.
2. If you already have a Spring Health account, you can reach out directly to your Care Navigator to inquire about alcohol or drug use support.
3. After you've completed the assessment, your personalized care plan may include a recommendation to learn more about alcohol or drug use support. You'll be able to learn about the program and directly schedule a chat with a specialized Care Navigator with a background in alcohol and drug use treatment. They'll talk with you about how you're feeling and help guide you to the best support and treatment program for you.
4. Once you and your Care Navigator decide on your care pathway, they will connect you to support or services and help get you started. While your program will be your best source for any needs specific to your treatment, your Care Navigator is always available to answer any questions or provide additional support along the way.

If your household member is under age 18, you can reach out to your Care Navigator for guidance on resources to support them.

Your care with Spring Health is private and confidential. We take our responsibility to protect your privacy very seriously and do not share individual data with Trinity Health, unless requested by you or required by law.

# Your Care Navigator will help guide you to the right program for your needs



## **DynamCare Health**

A secure mobile health platform that allows you to schedule video sessions with your personal coach, conduct at-home virtual testing, learn key skills from home, monitor your progress, and more.



## **Ria Health**

Flexibility and 360-degree support with a single, convenient mobile app that allows you to schedule sessions with expert medical and coaching teams.



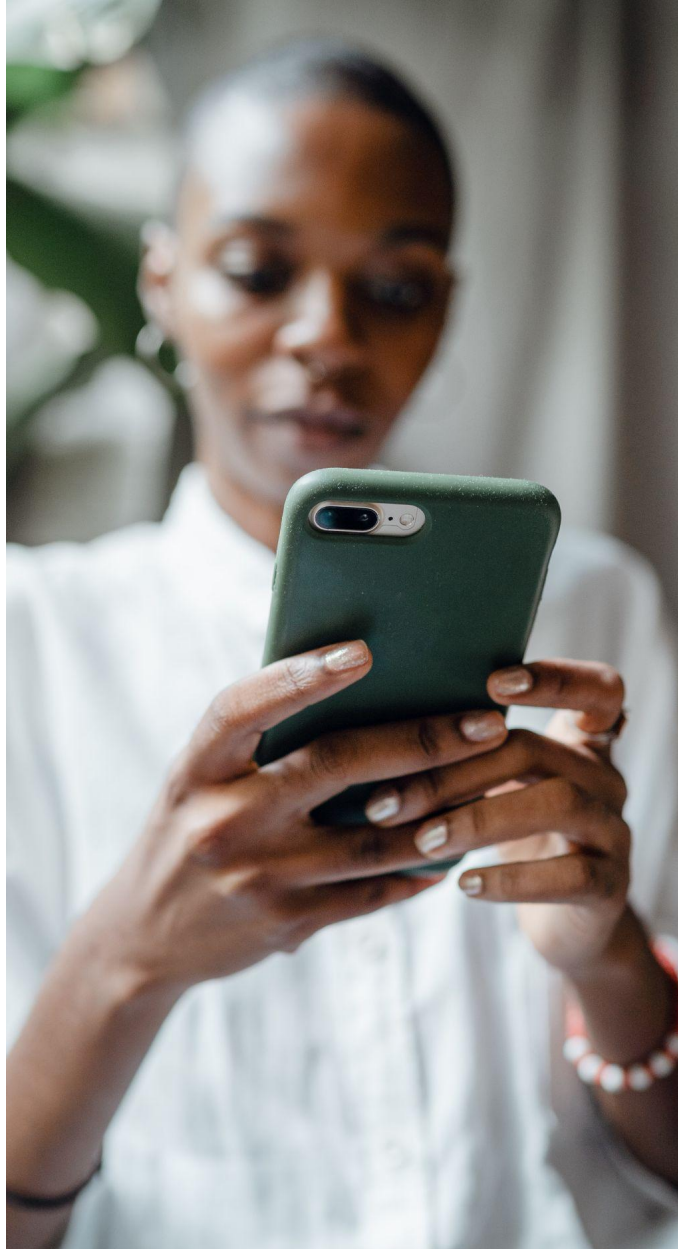
## **Lionrock**

Recover at home with an affordable and easy-to-use online substance abuse counseling program.



## **Hazelden Betty Ford Foundation**

Recovery solutions across the entire continuum of care, including residential treatment for those needing 24/7 support.



Scan the QR code or visit [trinityhealth.springhealth.com](https://trinityhealth.springhealth.com) to get started today.

