

Life is easier with the right support.

Your mental well-being benefit powered by **Spring Health** offers confidential access to:

Free therapy and coaching

6 sessions of each per year for you and your family.

Diverse providers

Choose a therapist you can relate to.

Work-life services

Resources to help you navigate life's challenges.

Personalized care plans

Get the right care for your needs.

Well-being exercises


Digital exercises to improve mental well-being.

Medication management

Prescribers to manage medications as needed.

Dedicated support

Your Care Navigator will provide guidance.



"I just had my first session...I already feel a sense of relief and hope that I haven't felt in a long time."

■ Spring Health Member

Learn more and get started: trinityhealth.springhealth.com

Contact Spring Health: 1-855-629-0554 | careteam@springhealth.com

Spring Health is available at no cost to all Trinity Health colleagues and their household members (age 6+).

Your care with Spring Health is private and confidential.

