

Spring Health 

 Trinity Health

Support for **you** and **your family.**

Managing life's ups and downs can be overwhelming. Trinity Health's mental well-being benefit powered by **Spring Health** can help you and your family navigate and prepare for whatever comes your way.



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Meet **Spring Health**, Your New Mental Well-Being Benefit

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



Activate Your Account
trinityhealth.springhealth.com
Work-life code: trinityhealth

Contact Spring Health
careteam@springhealth.com
1-855-629-0554 (M-F, 8am-11pm ET)
Press 1 for support in Spanish
Press 2 for crisis support (24/7)

Your care with Spring Health is private and confidential.

You and your family
have access to:

**Free therapy and coaching
(up to 6 sessions of each)**

Personalized care

Wellness exercises

Dedicated support

Diverse providers

Work-life services