

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](https://trinityhealth.springhealth.com)  
Work-life code: trinityhealth

Contact Spring Health  
[careteam@springhealth.com](mailto: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:

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

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**Personalized care**

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**Wellness exercises**

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**Dedicated support**

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**Diverse providers**

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**Work-life services**