

Spring Health 



# Life is easier with the right support.

Spring Health is your  
mental well-being benefit.

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

**Personalized, convenient care**

**6 free therapy sessions per year**

**6 free coaching sessions per year**

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**Need to talk?**

1-855-629-0554

M-F, 8am-11pm ET

For 24/7 crisis support, press 2

[careteam@springhealth.com](mailto:careteam@springhealth.com)



[trinityhealth.springhealth.com](https://trinityhealth.springhealth.com)