

Life is easier with the right support

Whatever you're experiencing, there's no need to carry it alone. You now have a mental well-being benefit powered by **Spring Health**, available at no cost to you.



With Spring Health, you and your family can access:

Free therapy and coaching

6 therapy and 6 coaching sessions per year are available to you and each eligible household member.

Dedicated support

Your Care Navigator can provide guidance, help you find the right therapist, and schedule appointments.

Wellness exercises

Access self-guided exercises to help you improve your mental well-being and build healthy habits.

Personalized care

Take a quick online mental well-being assessment and get a care plan designed just for you.

Diverse providers

Find a therapist you can relate to across specialty, gender, race, language, or other filters.

Work-life services

Get support and resources for legal assistance, financial services, child or elder care, travel, and more.



Get started:
trinityhealth.springhealth.com
Work-life code: trinityhealth

Contact Spring Health:
careteam@springhealth.com
1-855-629-0554
General support: M-F, 8am-11pm ET
Crisis support: 24/7 (option 2)

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.