

Spring Health Referral Guide

When and how to refer colleagues to Spring Health for mental well-being support.

Spring Health looks forward to partnering with you to support the mental well-being of all Trinity Health colleagues.

About Spring Health

Trinity Health partners with Spring Health to provide comprehensive mental well-being services to colleagues and their families. Built from a blend of clinically validated technology and human support, Spring Health is a single front door for access to personalized, convenient mental well-being care and resources.

Benefits include:

- Convenient therapy
- Personalized care
- Dedicated support
- Diverse providers
- Wellness exercises
- Coaching
- Medication management
- Work-life services

Benefit eligibility

Spring Health is available to all Trinity Health colleagues and their household members (age 6+).

Benefit cost

Spring Health is provided at no cost to Trinity Health colleagues, including six (6) free therapy sessions and six (6) coaching sessions per calendar year for colleagues and each of their household members.

When to refer to Spring Health

Spring Health can help colleagues who may be experiencing:

- Prolonged depression, sadness, or irritability
- Feelings of extreme highs and lows
- Burnout and stress
- Excessive fears, worries, and anxieties
- Strong feelings of anger
- Social withdrawal
- Struggling with daily problems or activities
- Suicidal thoughts
- Denial of obvious problems
- Numerous unexplained physical ailments
- Substance abuse
- Intense fear of weight gain
- Prolonged negative mood
- Difficulties focusing at work

How to refer to Spring Health

Colleagues can register online at trinityhealth.springhealth.com.

For questions or support, colleagues can call **1-855-629-0554**.

- **Option 2** for crisis support (24/7)
- **Option 3** for general questions (Monday-Friday, 8:00am-11:00pm ET)

Leaders can contact Spring Health's Management Consultation Team to discuss concerns or refer colleagues. Call **1-855-629-0554 and select option 4** (Monday-Friday, 8:00am-8:00pm ET) or email managersupport@springhealth.com.