# Spring Health



# Life is easier with the right support.

You don't need to wait for a crisis to prioritize your mental health. Northwest Center partners with **Spring Health** to provide personalized care and resources to support you through any of life's challenges.

Spring Health can support your mental health with easy access to:

# Free therapy

Get convenient, confidential support from a therapist of your choice. Each member (age 6+) gets 6 sessions per year.

#### Wellness exercises

Moments is a library of self-guided exercises that can help you manage stress, calm anxiety, beat burnout, improve sleep, and be more mindful.

## Care guidance and support

A Care Navigator can walk you through your care plan, help you find the right provider, and support you along the way.

#### Work-life services

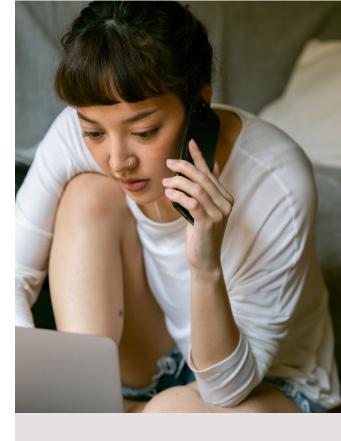
Access expert guidance to navigate legal or financial matters, parenting, caregiving, healthy living, career, travel, and more.

#### Personalized care

Take a short online assessment to get care and provider options that support your unique needs, goals, and preferences.

### Diverse providers

Choose a therapist you can relate to. Browse recommendations or search by specialty, gender, ethnicity, or language.



Contact Spring Health: springhealth.com/support 1-855-629-0554

General support: M-F, 8am-11pm ET Crisis support: 24/7 (press 2)

Learn more and get started:
nwcenter.springhealth.com
Spring Health mobile app
Work-life code: nwcenter

Spring Health is available at no cost to all Northwest Center employees and their dependents.

Your care with Spring Health is private and confidential.

