

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.

