

# 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:**

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## Free therapy

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

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## 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.

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## 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.

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## Work-life services

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

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## Personalized care

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

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## 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](https://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](https://nwcenter.springhealth.com)

Spring Health mobile app

**Work-life code:** nwcenter

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

**Your care with Spring Health is private and confidential.**

