

Life is easier with the right support.

You don't need to wait for a crisis to prioritize your mental health. Hewlett Foundation 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 8 sessions per year.

Free coaching

Build new skills, create healthy habits, and reach personal goals. Each member (13+) gets 8 free sessions per year.

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.

Wellness exercises

Find fast relief for stress, anxiety, burnout, poor sleep, or other challenges with Moments digital wellness exercises.

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:

care.springhealth.com

Spring Health mobile app

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

Your care with Spring Health is private and confidential.

