

Life is easier with the right support.

Whatever you're experiencing, there's no need to carry it alone. You now have Spring Health, mental wellness benefits available through Guardian, at no cost to you.



With Spring Health, you and your dependents can access:

Confidential therapy

Up to 5 therapy sessions per year are available to you and your dependents at no cost to you.

Dedicated support

Your Care Navigator can help you find the right therapist, schedule appointments, and provide guidance throughout your care.

Wellness exercises

On-demand access to a library of self-guided exercises to improve your mental well-being.

Personalized care plans

Our short online assessment will guide the creation of your personalized mental wellness care plan.

Diverse providers

Find a therapist you can relate to across specialty, gender, ethnicity, language, and more.

Coaching

Up to 5 sessions are available to connect with a coach to help you set and achieve personal goals, build new skills, and develop healthier habits.

Activate your account:
guardianbenefits.springhealth.com

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

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

Your care with Spring Health is private, confidential, and available at no cost to you and your dependents age 6+.

Mental wellness benefits discussed herein are provided by Spring Care, Inc., d/b/a Spring Health ("Spring Health"), 60 Madison Ave, Floor 2, New York, NY 10010. Spring Health is not an insurance benefit. Insured products are offered by The Guardian Life Insurance Company, New York, N.Y. ("Guardian") which has a financial interest in Spring Health. Guardian® is a registered trademark of The Guardian Life Insurance Company of America, New York, NY. 2023-159821 (8/25)