

# Spring Health Referral Guide

When and how to refer individuals to Spring Health for mental health support.

## Spring Health overview

The Wonderful Company partners with Spring Health to ensure that employees can easily get mental health support whenever and wherever it's needed. Spring Health offers personalized, convenient care and resources to support you through any of life's challenges. Care with Spring Health is private and confidential.

### Important features include:

- Personalized care
- Free therapy
- High-quality, diverse providers
- Care for your whole family
- Dedicated guidance and support
- Self-guided wellness exercises
- Free coaching
- Medication management
- Substance use support
- Work-life services

## Eligibility

Spring Health is available to all The Wonderful Company employees and their dependents.

## Cost

The Wonderful Company offers Spring Health at no cost to you. Up to 6 free therapy sessions and 6 free coaching sessions per year are available to each member.

Your Care Navigator can explain how additional sessions integrate with your medical plan.

## When to refer to Spring Health

You may want to encourage individuals to use Spring Health if they express that they are experiencing:

- Prolonged depression, sadness, or irritability
- Feelings of extreme highs and lows
- Burnout and stress
- Excessive fears, worries, and anxieties
- Strong feelings of anger
- Social withdrawal
- Struggling with daily problems or activities
- Suicidal thoughts
- Denial of obvious problems
- Numerous unexplained physical ailments
- Substance abuse
- Intense fear of weight gain
- Prolonged negative mood
- Difficulties focusing at work

## How to refer to Spring Health

Individuals can get started quickly by registering online at [wonderful.springhealth.com](https://wonderful.springhealth.com).

[\*No authorization code is needed to register.]

Crisis support for members is available 24/7 by phone at **1-855-629-0554** (press 2).

To initiate a formal referral or management consultation, managers can email [managersupport@springhealth.com](mailto:managersupport@springhealth.com) or call **1-855-629-0554** (press 4, then press 2).

Available M-F, 8:00am-8:00pm ET.

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