



Transform and elevate your EAP

Spring Health can supplement or replace your traditional EAP with the most comprehensive, effective solution for employee well-being.



Personalized mental healthcare for every employee

Our precision approach to mental health provides members with the right care from the very start, with solutions ranging from sub-clinical to deeply clinical.



Seamless member experience

We streamline access with a custom portal built just for your team, and simplify the member journey with high-touch care navigation every step of the way.



Relevant programming for your entire team

Strengthen your team culture and improve employee experience with a catalog of 70+ ready-made trainings and custom programming available upon request.



Critical incident support when your team needs it most

Crisis support deployed immediately, with specialists available to your team virtually or on-site.

8wk

FASTER RECOVERY

10x

TRADITIONAL EAP ENGAGEMENT

Explore our most comprehensive offering:



Spring Health's Precision Mental Healthcare



Training & Programming



Work-Life Services



Legal Services



Financial Services

- Assessment
- Care Navigation
- Moments Digital CBT
- Coaching
- Therapy visits
- Medication Management

- 24/7 Crisis Support
- Management & Leadership
- Diversity & Inclusion
- Resilience
- Destigmatizing Mental Health

- Elder/adult care
- Travel resources
- Child care
- Education
- Pet care
- Household services
- Parenting

- Divorce/Custody
- Criminal
- Real estate
- Landlord/Tenant
- Bankruptcy
- Personal injury/Malpractice

- Budgeting
- Home buying
- Major life event planning
- College fund planning
- Credit card debt
- Retirement planning