



# Life is easier with the right support.

You don't need to wait for a crisis to prioritize your mental health. Starting January 1, 2024, St. Johns County will partner 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:

## Therapy and coaching

Get support when it's convenient for you. Each member gets 6 free therapy sessions and 6 coaching sessions per year.

## Dedicated guidance

Your Care Navigator can walk you through your care plan, help you find the right therapist, and provide support whenever you need it.

## 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.

## Personalized care

Take a short online assessment and get care recommendations to support your immediate needs and long-term goals.

## Diverse providers

Choose an experienced therapist you feel comfortable with. Browse recommendations or search by specialty, gender, ethnicity, or language.

## Medication management

If needed, 2 of your covered therapy sessions can be used for a medication management consultation with a doctor.



### 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)

Starting January 1, 2024, Spring Health is available at no cost to all St. Johns County employees and their household members (age 6+).

Your care with Spring Health is private and confidential.