



# Life is easier with the right support.

You don't need to wait for a crisis to prioritize your mental health. Clyde Companies 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:

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## Therapy and coaching

Get support when it's convenient for you. Each member gets 8 free therapy sessions and 8 coaching sessions per year.

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## 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.

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## 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.

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## Personalized care

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

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## Medication management

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

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## Substance use support

Get connected with alcohol or substance use support programs that provide the right level of care for your lifestyle and budget..



Get started today

[clyde.springhealth.com](https://clyde.springhealth.com)  
[Spring Health mobile app](#)

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)

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Spring Health is available at no cost to all Clyde Companies employees and their benefits eligible dependents.

Your care with Spring Health is private and confidential.