

Spring Health Team Huddle Guide

Use this guide to discuss important Spring Health features and benefits with your team.

Clyde Companies 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.

Program highlights

- Available at no cost to all Clyde Companies employees and their benefit-eligible dependents (age 6+)
- 8 free therapy sessions per member, per year
- 8 free coaching sessions per member, per year
- Unlimited guidance and support from a Care Navigator (licensed clinician)
- Private and confidential care

Easy access to high-quality care and resources

- About 5 minutes to take a short assessment and get started
- 2-day average wait for therapy appointments
- Virtual and in-person therapy options
- Schedule appointments directly through website or mobile app
- Self-guided mental wellbeing exercises available on-demand
- 24/7 crisis support via phone

Support that makes sense

- Care plan designed to support your immediate needs and long-term goals
- Clear recommendations given at every step
- Check-in assessments to track your progress
- Diverse network of experienced therapists to choose from
- Medication management available if needed

Learn more and get started

Visit clyde.springhealth.com or download the [Spring Health mobile app](#).

For questions or support, visit springhealth.com/support or call **1-855-629-0554**.

- Press 1 for support in Spanish
- Press 2 for crisis support (24/7)
- Press 3 for member support (M-F, 8:00am-11:00pm ET)
- Press 4 for manager support (M-F, 8:00am-8:00pm ET)