

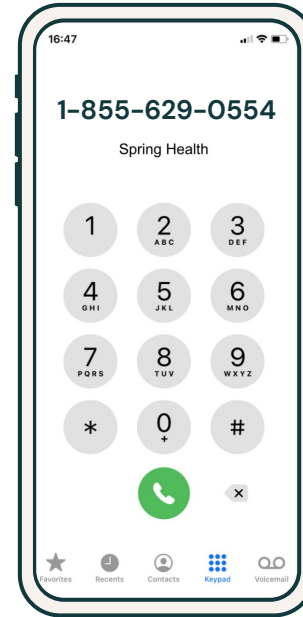
Spring Health Crisis Support

Support when you need it most

Crisis Support is there for **you and your family**.

Support is offered to Spring Health members when they need to speak with a licensed professional and cannot wait to book an appointment.

Support is available when you need immediate assistance – you do not need to activate or log in to your Spring Health account to call.



**Spring Health crisis support:
+1-855-629-0554, option 2**
Available 24/7.

Emergencies: Call 911

988 Suicide & Crisis Lifeline:
Call or text 988