

Life is easier with the right support.

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

Free therapy

Get convenient, confidential support from a therapist of your choice. Each member (age 6+) gets 10 sessions per year.

Free coaching

Build new skills, create healthy habits, and reach personal goals. Each member (18+) gets access to 10 free sessions per year.

Care guidance and support

A Care Navigator can walk you through your care plan, help you find the right provider, and support you along the way.

Wellness exercises

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

Personalized care

Take a short online assessment to get care and provider options that support your unique needs, goals, and preferences.

Substance use support

Access expert guidance and resources to navigate legal or financial matters, child care, elder care, pet care, travel, household services, and more.



Contact Spring Health:
springhealth.com/support
1-855-629-0554

General support: M-F, 8am-11pm ET

Crisis support: 24/7 (press 2)

Learn more and get started:

alergroup.springhealth.com

Spring Health mobile app

Work-life code: [alergroup](https://alergroup.com)

Spring Health is available at no cost to all Alera Group employees and their dependents.

Your care with Spring Health is private and confidential.

