

Specialized Mental Health Support for Teens

Teenagers face unique challenges and have unique needs when it comes to their well-being. That's why Spring Health designed an online dashboard to educate and empower teens to take care of their mental health — on their own terms.

How Spring Health Supports Teens

- Personalized care plans based on a short, teen-specific assessment
- Online scheduling with providers who specialize in working with teens
- Curated Moments wellness exercises and educational content on demand
- Easy access to care and resources from a mobile phone, tablet, or computer
- Option to manage account independently or with parent/caregiver support
- Transparency around what to expect when using Spring Health services
- Proactive outreach from a Care Navigator for suicidal ideation or self-harm

Share Spring Health with Your Teen

1. Visit aleragroup.springhealth.com to create your own Spring Health account
2. On your homepage, click "[Invite a Dependent](#)," and then "[Add Child](#)"
3. Enter your teen's information to create their account
4. Encourage your teen to log in via web or the Spring Health mobile app



Spring Health is available at no cost to Alera Group employees and their dependents. Each member (age 6+) has access to 10 free therapy sessions per year.

For support, visit springhealth.com/support or call [1-855-629-0554](tel:1-855-629-0554).

Your care with Spring Health is private and confidential.