

Support for You and Your Family

Spring Health is your personal mental health benefit that offers confidential access to:



Wellness exercises

Digital exercises for stress relief, better sleep, and more.



Personalized care

An online mental health assessment finds the right care for you and tracks your progress.



Confidential therapy

Meet with a trusted therapist in as soon as two days. Get up to 10 free sessions per person, per year.



Work-life services

Resources and experts to help you navigate life's challenges.



"I just had my first session ... I already feel a sense of relief and hope that I haven't felt in a long time."

Spring Health member



Dedicated support

Your Spring Health Care Navigator is a licensed clinician who guides your journey.



Coaching

Set and reach goals, create healthier habits, build new skills, and more.

Get Started Today

Visit brownu.springhealth.com or scan the QR code

Work-life access code: brownu

Contact Spring Health

1-855-629-0554 (M-F, 8am-11pm ET) | careteam@springhealth.com

Press 1 for support in Spanish

Press 2 for crisis support (24/7)

Your care with Spring Health is private and confidential.

Spring Health is available to Brown University's employees and their household family members ages 6+.

