



Spring Health: Huddle Guide

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

Spring Health provides personalized mental health and wellness support designed to help Brown University employees feel their best.

Program highlights:

- Easy, convenient access to high-quality mental healthcare
- Care tailored to your needs and preferences
- Private and confidential
- Available at no cost to you
- Up to 10 free therapy sessions for Brown University employees and their dependents
- Support for the entire family, including children age 6+

Care Navigators:

- A licensed mental health clinician dedicated to you
- Finds the right therapist for you
- Can help you set appointments
- Unlimited check-ins through the year

Fast access to care:

- 5 minutes to create an account and take a short assessment
- 2-day average wait for therapy appointments
- 24/7 crisis support
- On-demand access to self-guided mental wellbeing exercises

Easy to access and manage care:

- Clear next steps provided just for you
- Find a therapist you can relate to across specialty, gender, ethnicity, language, and more
- Schedule appointments directly through the Spring Health platform
- Take check-in assessments to track your progress

To get started, visit: brownu.springhealth.com



Call: 1-855-629-0554



Email: careteam@springhealth.com