

Mental healthcare for the whole family

With Spring Health, employees and their families can access a single solution that's precise, personal, and proven.

ADDRESSING THE NEED FOR FAMILY MENTAL HEALTH

The demand for child and adolescent mental healthcare has never been higher—72% of parents say they witnessed a decline in their child's emotional wellbeing last year.¹ Long wait times, high costs, and a complex landscape make finding the right care an isolating and stressful experience for parents.

For working parents, managing treatment and caring for kids who are struggling with mental health takes a toll:

- 71% reported that concerns about their child's mental wellbeing made work more difficult
- 53% reported missing at least one day of work each month to tend to the needs of their child.²

Employers can help by providing all employees with flexibility, mental health education and resources, and diverse, inclusive care for the whole family.

1. [Child Mind Institute](#)
2. [VeryWell Mind](#)
3. [AACAP](#)



7.5 weeks

The average wait time for a pediatric therapy appointment in the US.³

2 days

With Spring Health, parents can get an appointment for their child **within a few days.**



Why Spring Health?

A SINGLE PLACE FOR MENTAL HEALTH KNOWLEDGE, TRIAGE, AND CARE DELIVERY

Spring Health offers whole family support, including fast access to specialized providers, appointment scheduling, care management, self-serve tools, and dedicated human guidance from a clinical Care Navigator.

Care Navigators, who are licensed clinicians, serve as mental health champions and are there to walk each family member through their care plan, answer questions, make referrals and recommendations, and lend emotional support throughout the family's journey.



Care for the whole family

Our integrated Care Team—inclusive of coaches, Care Navigators, providers, and support staff—work together to meet mental health needs across a broad spectrum of ages and needs.



Quality provider network

Our diverse provider network includes therapists, psychiatric nurse practitioners, and physicians, who together provide comprehensive mental healthcare for members age 6 and above.



Dedicated Care Navigation support

Every family has a dedicated, clinically-licensed Care Navigator to offer emotional support, make recommendations and referrals, and provide guidance across a range of topics, like talking to your child about therapy.



Centralized family scheduling

Employees have a simple and secure view into every family member's care, with appointment-related information like scheduling, rescheduling, and cancellations all in one place.



Fast appointments

Employees can set up an account for themselves, as well as anyone in their family as young as 6, schedule a therapy appointment, and meet with a therapist within two days.



Parent coaching & support

Employees can receive unbiased, evidence-based guidance on parenting best practices. They'll work with a credentialed coach on a breadth of topics like improving parent-child communication, identity support, and behavioral concerns.

How it works

A STREAMLINED EXPERIENCE FOR FAMILY MENTAL HEALTHCARE

Employees seeking care for a child or teen between the ages of 6–17 can create and manage a Spring Health account on their behalf using their full name, email address, and date of birth. They're prompted to sign an electronic informed consent and can then immediately start their mental healthcare journey: find a therapist and directly schedule and manage their appointments.



Create an account

Add a dependent

Schedule and manage care

Members can go to benefits.springhealth.com to quickly create a parent account before creating one for a child

Then, members can either add an account for a child ages 6–17, or invite another dependent 18+ to sign up on their own

Once accounts are created, members can schedule therapy and access Care Navigation, manage appointments, and browse a list of qualified providers.

Spring Health recommends providers based on employee needs, but additional filters are available:

Filter by conditions:

- ADHD
- Autism spectrum disorder
- Eating disorders
- Generalized anxiety
- Panic
- Phobias
- Trauma
- And more

Filter by specialties:

- Adolescent (13–17 years old)
- Children (6–12 years old)
- Faith-based
- Families
- Gender identity
- LGBTQIA+ identity

Learn more

Whole family support is just one part of Spring Health's full spectrum of mental healthcare. To learn more, contact sales@springhealth.com.