

Level Up Your Law Firm's Mental Health Solution

Spring Health delivers fast access to comprehensive and effective mental healthcare through an approach that's **precise, personal, and proven.**



A landmark study published in **JAMA Network Open**, a leading medical journal, shows that with Spring Health:

- 5.9 wks** average time to recovery
- ~70%** percentage of participants who reliably improved
- \$7000** average savings per employee within six months

Investing in the right mental healthcare pays off



Precision Mental Healthcare

Spring Health leverages the power of data to screen for 10+ conditions and provide personalized, clinically-validated care plans for each employee.



Dedicated human guidance

Every enrolled employee is paired with a dedicated Care Navigator, who is a licensed clinician and provides one-on-one emotional support, recommendations, and referrals.



Fast access to family mental healthcare

Employees and their families, including kids ages 6+ can get a therapy appointment in less than two days, with just a few clicks.



Prevention, treatment, and recovery for SUD

From proactive early detection and triage to care delivery, recovery, and ongoing support, Spring Health offers a full-spectrum navigation and treatment solution for individuals with substance use disorder (SUD).



Diverse Provider network

Enrolled employees can choose from a diverse network of Providers based on their race, ethnicity, specialties, the conditions they treat, and whether they offer in-person or virtual care.



On-demand digital resources

Our library of digital cognitive behavioral therapy (CBT) exercises provide immediate relief across a spectrum of common stressors including burnout, sleep, anxiety, and parenting.

Mental health problems are prevalent in the high-pressure legal profession:

44%

agree that mental health problems and substance abuse are at a crisis level

35%

struggle with depression

19%

have contemplated suicide

67%

report experiencing anxiety

Already helping:

KIRKLAND & ELLIS LLP

GUNDERSON DETTMER

 **HansonBridgett**