

# Life is easier with the right support.

You don't need to wait for a crisis to prioritize your mental health. Gunderson Dettmer Stough Villeneuve Franklin & Hachigian, LLP partners with **Spring Health** to provide personalized care and resources to support you through any of life's challenges.

**Spring Health can support your mental health with easy access to:**

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## Free therapy

Get convenient, confidential support from a therapist of your choice. Each member (age 6+) gets 6 sessions per year.

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## Free coaching

Build new skills, create healthy habits, and reach personal goals. Each member (13+) gets access to free sessions per year.

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## Care guidance and support

A Care Navigator can walk you through your care plan, help you find the right provider, and support you along the way.

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## Diverse providers

Choose an experienced therapist you feel comfortable with. Browse recommendations or search by specialty, gender, ethnicity, or language.

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## Wellness exercises

Moments is a library of self-guided exercises that can help you manage stress, calm anxiety, beat burnout, improve sleep, and be more mindful.

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## Work-life services

Access expert guidance and resources to navigate legal or financial matters, child care, elder care, pet care, travel, household services, and more.



## Contact Spring Health:

[springhealth.com/support](https://springhealth.com/support)

1-855-629-0554

**General support:** M-F, 8am-11pm ET

**Crisis support:** 24/7 (press 2)

## Learn more and get started:

[care.springhealth.com](https://care.springhealth.com)

Spring Health mobile app

**Work-life code:**

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Spring Health is available at no cost to all Gunderson Dettmer Stough Villeneuve Franklin & Hachigian, LLP employees and their dependents.

**Your care with Spring Health is private and confidential.**

