# Spring Health



# 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:

# Free therapy

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

#### Free coaching

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

## 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.

## Diverse providers

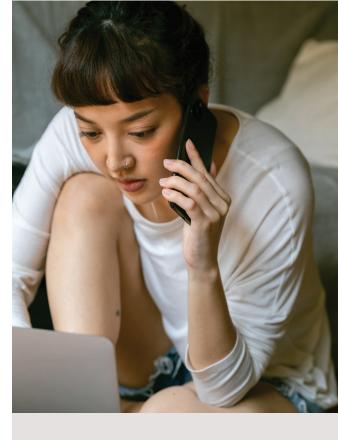
Choose an experienced therapist you feel comfortable with. Browse recommendations or search by specialty, gender, ethnicity, or language.

#### 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.

#### 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 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 Spring Health mobile app Work-life code:

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.

