

Spring Health. Mental wellbeing benefits for your whole family.

Adobe partners with **Spring Health** to provide personalized care and resources to support you through any of life's challenges.



Spring Health can support you and your family's mental wellbeing with easy access to:

Personalized care

Take a short telephonic assessment to receive a care plan designed just for you, with tailored care recommendations to meet your specific needs.

24/7 crisis support

Round-the-clock assistance is available for teams or individuals in urgent need, offering support and resources to navigate challenging situations.

12 free therapy sessions

You, your spouse or domestic partner, and dependents can each receive 12 free therapy sessions per calendar year starting in 2025.

Wellbeing 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 resources

You and your family have access to free work-life resources, including support for legal assistance, financial services, travel and more.

How to enroll:

[Adobe.springhealth.com](https://adobe.springhealth.com)

Work-life code: adobe

Contact Spring Health

Email

careteam@springhealth.com

or call your country's [Spring Health phone number](#).

Spring Health is available at no cost to all Adobe employees, as well as their spouses or domestic partners and dependents.

Care with Spring Health is private and confidential.

