

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:

12 free therapy sessions

You, your spouse or domestic partner, and dependents (ages 8-17) can each receive 12 free therapy sessions per calendar year.

Dedicated support

Your Care Navigator can help find the right therapist, set appointments, give advice and offer emotional support along the way.

Diverse network

Find a therapist you can relate to by filtering across specialty, gender, ethnicity, language and more.

Quick access

Schedule appointments directly on our platform and see a provider within two days, even on weekends and evenings.

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 services

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

careteam@springhealth.com

0800 066 8208

General support: M-F,
9am-5pm local time

Crisis support: 24/7 (press 2)

Spring Health is available at no cost to all Adobe employees, as well as their spouses or domestic partners and dependents (ages 8- 17).

Care with Spring Health is private and confidential.

