

# 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:

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## 12 free sessions in 2024

You, your spouse or domestic partner, and dependents (ages 8-17) can each receive 12 free therapy sessions per calendar year starting in 2024.

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## Quick access

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

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## How to enroll:

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

Work-life code: adobe



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## Dedicated support

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

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## 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.

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## Diverse network

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

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## Work-life services

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

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## Contact Spring Health

[careteam@springhealth.com](mailto:careteam@springhealth.com)

**0800 066 8208**

General support: M-F,

9am-5pm local time

Crisis support: 24/7 (press 2)

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

Care with Spring Health is private and confidential.