

Your Guide to Neurodiversity: Resources, Learning, and Care

Neurodiversity celebrates the natural differences in how people think, learn and process information.

Spring Health provides mental health support tailored to these unique strengths, offering personalized care, expert guidance, and resources to help you thrive—whether you're a teammate, manager, or parent.

- Personalize your experience with the right care and resources to help you thrive at work and in life
- Explore videos that answer common questions, discover tools for productivity and coping strategies, and access specialized care, all in one place



Get Started

1. **Scan the QR code** to register with your company email or log in to Spring Health.
2. **From your homepage or Your Care tab**, click on the Neurodiversity Support tile to access the hub. No diagnosis is needed.
3. **If you have questions or need more guidance**, talk to a Care Navigator.

