

If life feels extra heavy, you're not alone

We're here to help you through this

Spring Health supports individuals and families with mental health challenges every day. Our Specialty Care programs are designed to provide personalized mental health care specifically for you.

When to seek support:

If you or an adult dependent is facing any of these challenges, Spring Health provides confidential, compassionate care to make getting support simple and stress-free:



Specialized **trauma** care is available to support PTSD and ongoing effects of trauma such as nightmares, emotional numbness, or avoidance.



Specialty Care supports individuals with moderate to severe **mood and anxiety disorders**. Care is available nationwide for you and your loved ones.



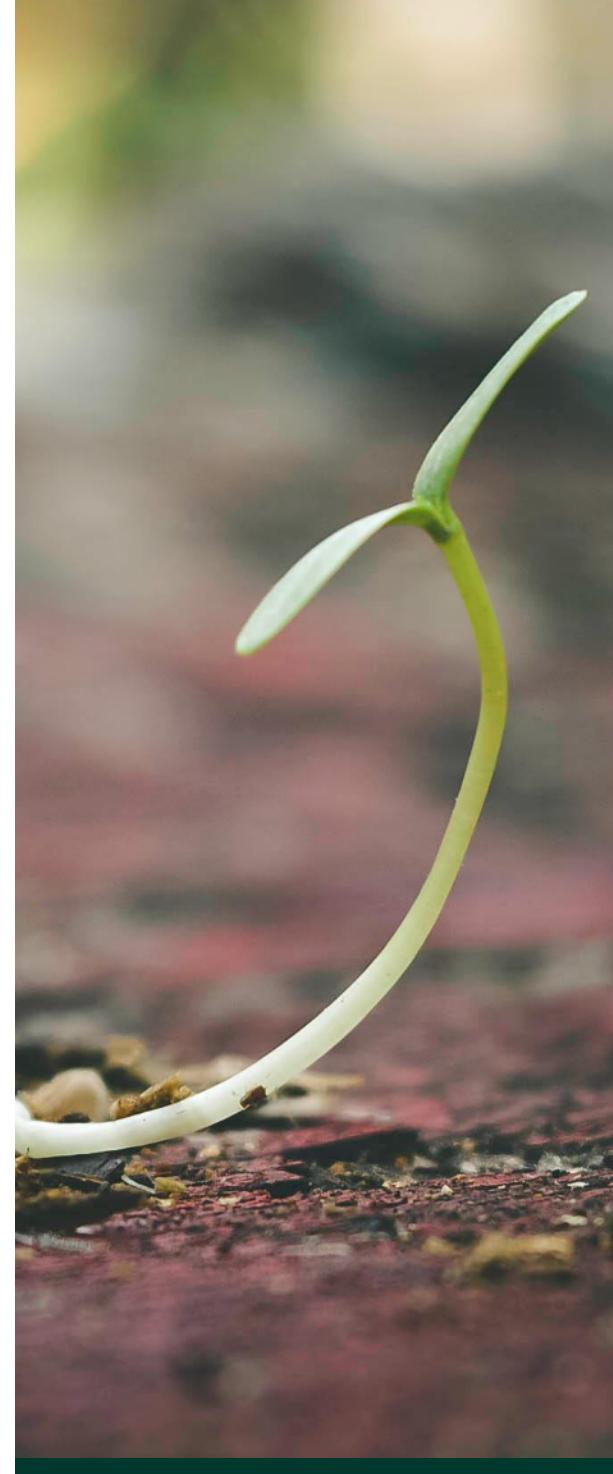
Flexible **substance use and tobacco cessation** programs offer effective, proven strategies to help members quit for good.



Spring Health helps families access **neuropsychological assessments** for their child in weeks—not months or years—through our Spring-Certified Partner Network.



You can work with a Spring-Verified therapist who specializes in **eating disorders** and receive free sessions sponsored by your employer.



We understand how hard it can be to acknowledge the need for professional support and to find care that fits your life, schedule, and unique needs. Spring Health is here to guide you every step of the way and ensure you get the care you deserve—because no one should have to face these struggles alone.

Spring Health's Specialty Care Provides:

A smoother path to better mental health

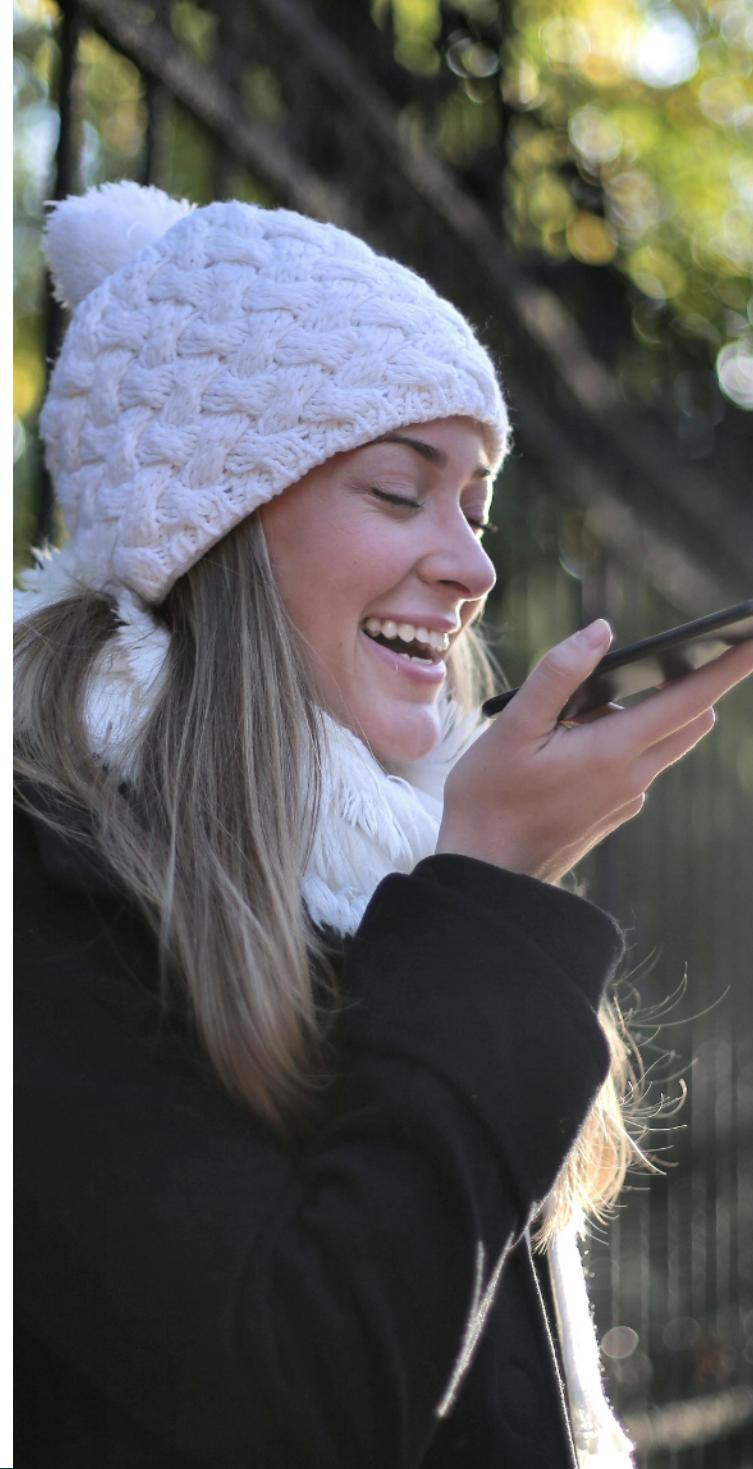
There's no need to navigate the time, effort, or costs of finding care on your own. Many, or even all, of your care costs are covered by Clorox.

Fast access to expert care

We'll connect you with providers who fit your mental health needs and personal preferences. On average, your first appointment is just two days away—much faster than the usual two-month wait.

Personalized, seamless support

You only need to share your story once. We'll take it from there, making it easy to get the care you need without extra stress.



Get started



- 1. Scan the QR code or visit clorox.springhealth.com to sign up for Spring Health and take a quick assessment.** If you're seeking care for a dependent, sign-up and then invite them to join Spring Health to create their account
- 2. Schedule a free and confidential call** with a specialized clinician who can connect you to the right care
- 3. Get a personalized plan** that works with your budget and lifestyle