

# Ready to cut back or quit? We can help.

Spring Health's alcohol and substance use support is:

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Available everywhere, even from the privacy of home

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Budget friendly, including free support from a specialized clinician

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Always confidential

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Available for your loved ones (age 18+)



## Get started

- 1 Scan the QR code to sign-up for Spring Health and take a quick assessment
- 2 Schedule a 100% free call with a clinician specializing in substance use
- 3 Get a personalized plan that works with your budget and lifestyle