

# 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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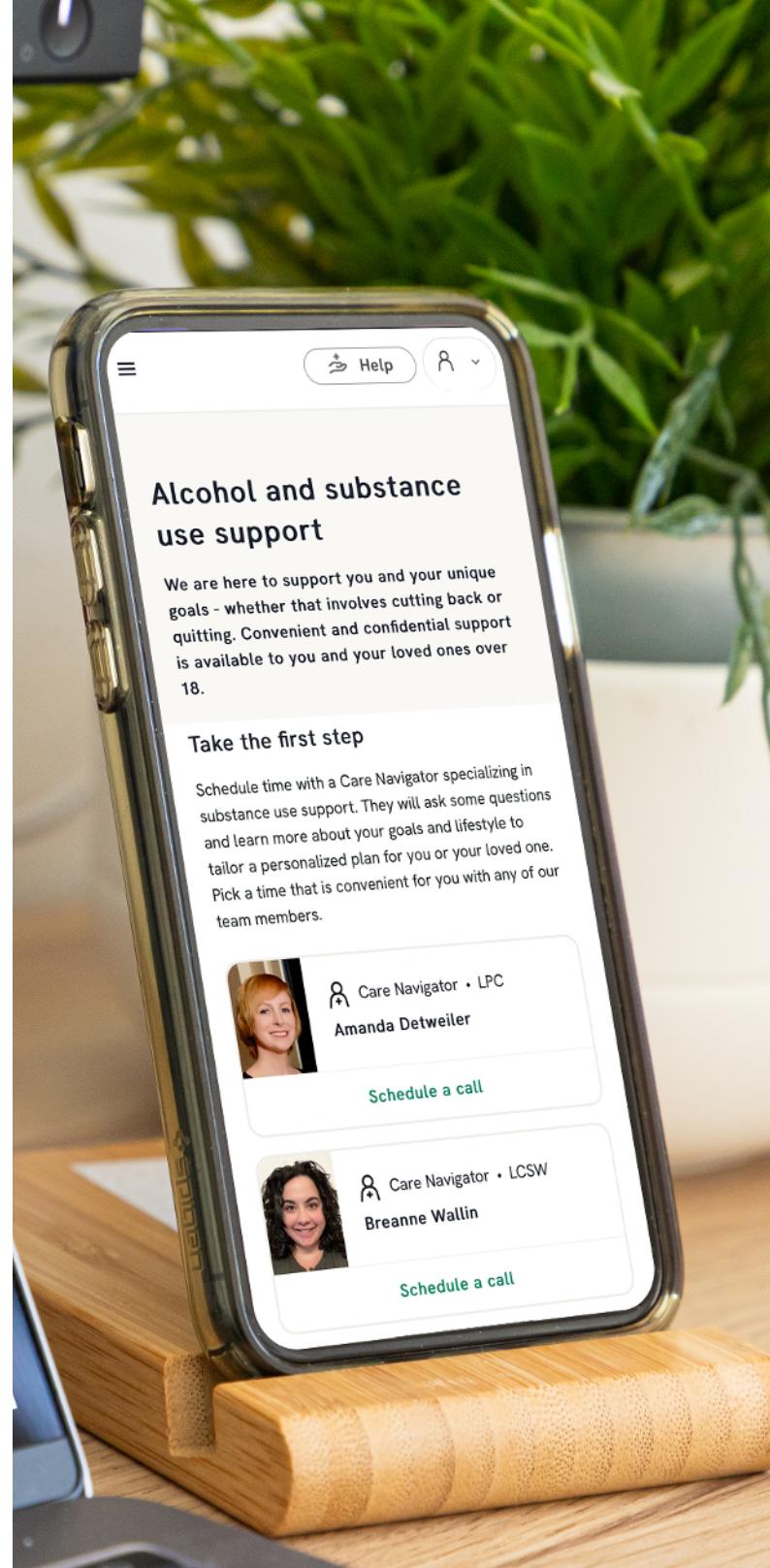
**Budget friendly, including free support from a specialized clinician**

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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