



Feeling stressed? Or anxious?

It's 100% okay to not be 100% okay.

The wildfires in California are causing many across the state to be on high alert or evacuate their homes. We understand the stress that this creates, on top of worries that already exist because of the pandemic or life in general. We want you to know that you are not alone.

Your team at [Spring Health](#) is here for you if you ever need someone to talk to.

[Sign up or sign in](#) to reach your Care Navigator, who can help you manage stress, book same-week therapy appointments, and more.

Your Spring Health benefit provides you with:

- Unlimited mental and emotional wellness assessments
- **Unlimited therapy sessions and psychiatry appointments for the remainder of 2020.**
- Coaching & stress management
- A dedicated Spring Health Care Navigator

For mental health services, call:

240-558-5796

Option 1 for ongoing mental health services
Option 2 for 24/7 crisis support