

Spring Health—your front door for mental health services—is here to support you

Grief Support

Grieving is unique for everyone and it is common to process loss and express feelings in different ways. It is important to remember to attend to your needs. As your front door for mental health services, Spring Health is standing by to assist you and provide you with support.

For Immediate Help & Assistance:

- Call 240-558-5796 and select option 2
- A licensed Spring Health professional will provide you with support within 60 seconds
- Available 24/7

Spring Health Resources Available to You

- **Free Therapy Sessions:**
 - You can make an appointment as early as the next day. Evening and weekend sessions are available. UnitedAg is providing each member and their dependents with **free therapy sessions**.
- Coaching:
 - You have access to free, unlimited coaching from your Spring Health Care Navigator. They can help with topics such as stress management and resiliency.
- On-Demand self-help exercises:
 - You can use the **Spring Health Mobile** app to access tools and exercises for better sleep, mindfulness, and more.

How to access Spring Health:

1. Register at unitedag.springhealth.com using your personal email address
For Spanish speakers, please visit benefits.springhealth.com/unitedag-es/
2. Complete the 5 minute assessment
3. Receive a plan tailored to your needs that recommends appropriate care for you