



# Life is easier with the right support.

You don't need to wait for a crisis to prioritize your mental health. Coblentz, Patch, Duffy & Bass partners with **Spring Health** to provide personalized care and resources to support you through any of life's challenges.

Spring Health can support your mental health with easy access to:

---

## Therapy and coaching

Get support when it's convenient for you. Each member gets 6 free therapy sessions and 6 coaching sessions per year.

---

## Dedicated guidance

Your Care Navigator can walk you through your care plan, help you find the right therapist, and provide support whenever you need it.

---

## Wellness exercises

Moments is a library of self-guided exercises that can help you manage stress, calm anxiety, beat burnout, improve sleep, and be more mindful.

---

## Personalized care

Take a short online assessment and get care recommendations to support your immediate needs and long-term goals.

---

## Diverse providers

Choose an experienced therapist you feel comfortable with. Browse recommendations or search by specialty, gender, ethnicity, or language.

---

## Medication management

If needed, 2 of your covered therapy sessions can be used for a medication management consultation with a doctor.



Get started today  
[coblentz.springhealth.com](https://coblentz.springhealth.com)  
[Spring Health mobile app](#)

Contact Spring Health  
[springhealth.com/support](https://springhealth.com/support)  
**1-855-629-0554**

General support: M-F, 8am-11pm ET  
Crisis support: 24/7 (press 2)

---

Spring Health is available at no cost to all Coblentz benefits eligible employees and their dependents.

Your care with Spring Health is private and confidential.