

Empower your global workforce with inclusive access to proven mental healthcare

Single front door to to timely, quality care at a global scale

With Spring Health, your company can deliver a single front door to the full spectrum of mental health and wellbeing benefits. No matter where your employees are located, they'll have seamless access to localized and culturally-relevant care in over 200+ countries.

Virtual & in-person therapy for employees and dependents

Family and parenting care support and resources

Clinically-validated assessment and personalized care plan

Work-life consultations and referrals to legal, financial, child and elder care support

Member-dedicated care navigation from Masters-level clinicians

Coaching for health, wellness, and personal development support

Online scheduling with local providers via the Spring Health digital platform

24/7/365 crisis support for any urgent needs



Excelling in the results that matter most to your global workforce

Direct booking with vetted, local providers

<2 days
average time to appointment

Localized platform and clinical assessment in 24 languages

9.4/10
average provider rating

Word-class improvements in depression, anxiety, and productivity

8 weeks
faster recovery time than those who seek traditional care

The global experience, reimagined

Spring Health's comprehensive, digital platform is available on web and mobile in 24 languages. After a simple sign-up, members access a comprehensive care plan and a list of curated providers to meet their exact needs and goals.

Precise

A validated, clinical assessment dynamically adapts to the member's responses while screening for 12 conditions

Personal

Scheduling with providers is quick and easy using a direct, real-time scheduling tool with 100% provider calendar integration – available on mobile or web

Proven

Clinical outcomes are evaluated on a global and country level to reveal opportunities to enhance local programs and services

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I was so impressed at the way [my dedicated care navigator] handled the call and was very thoughtful about things I should consider given I was asking for help booking an appointment for my teenage daughter. It was a great service and so much appreciated given what's happening here at the moment.

UK-based

Spring Health member

Strategic support designed to foster local engagement and boost organizational resilience

Localized engagement programs

Empower everyone to access and benefit from their mental health benefits

Global Trainings & Webinars

Designed by clinical experts foster learning and strengthen culture

Workplace Navigation

Supports managers and leaders with training and coaching programs and manager consultations

Critical Incident Response

Curated group or 1:1 response for stressful or traumatic events impacting the organization