Spring Health 🖉

Get Mental Health Support in Your Language

Abbott employees, retirees, household members, and eligible dependents have access to mental health care and resources through Spring Health.

Here's how to access support in your language:

OPTION 1:

Visit **abbott.springhealth.com** to activate your account, and choose your language in the settings bar.

OPTION 2:

On the login page or in your account, select "Help," and then "Contact Us." Once the Care Team pop-up appears, select "Get in Touch," and then "Live Chat" to speak with a representative with live translation.

OPTION 3:

Call **Care Support** at **1-855-629-0554** (or 1-800-626-0738) and choose option 3 to speak with a representative with live translation.

	EN 🏂 Help
	English
Let's find your benefit	Español
	Français
Your work email	Português
We promise to protect your information and colla affect your health.	Deutsch
	Nederlands
	Polski
	日本語
	हिन्दी
	Français Canadien
	čeština
	عربى

	Customer Support	
Ma iga caawin kartaa inaan i diiwaan geliyo?		
	Please update your info Chat started	
	Briahnna T. joined the cha	at
	Briahnna T.	
	Hi, aad ayaad ugu mahadsantahay inaad nala soo xiriirtay! Nabadgelyadaada - fadlan isiin kartaa magacaaga, iimaylka, iyo taariikhda dhalashada? Show original	ma
Тур	e a message here	
		₿

Spring Health Support

Briahnna T

Contact Spring Health

springhealth.com/support 1-855-629-0554 (or 1-800-626-0738)

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

Your care with Spring Health is private and confidential.