

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:

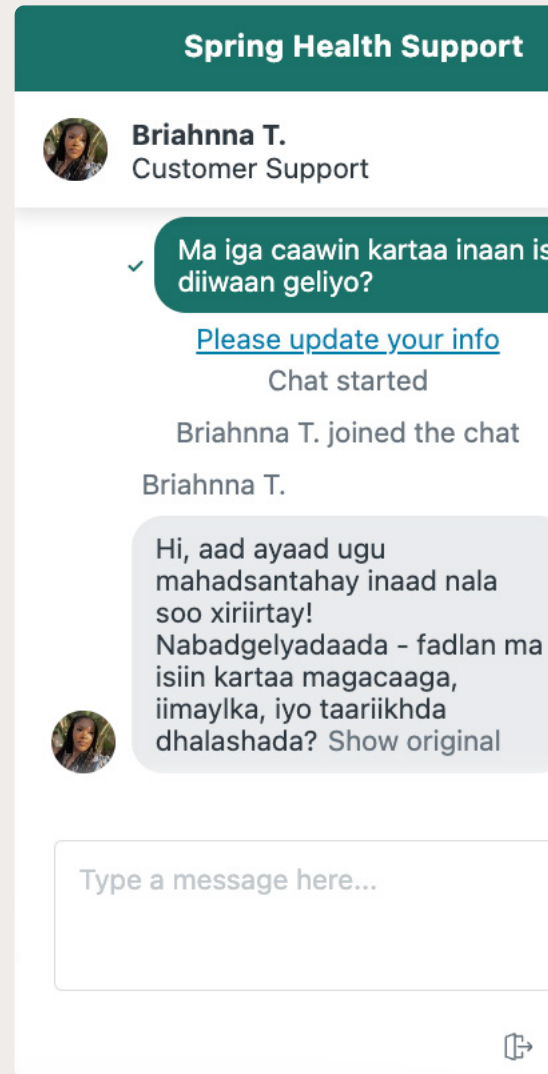
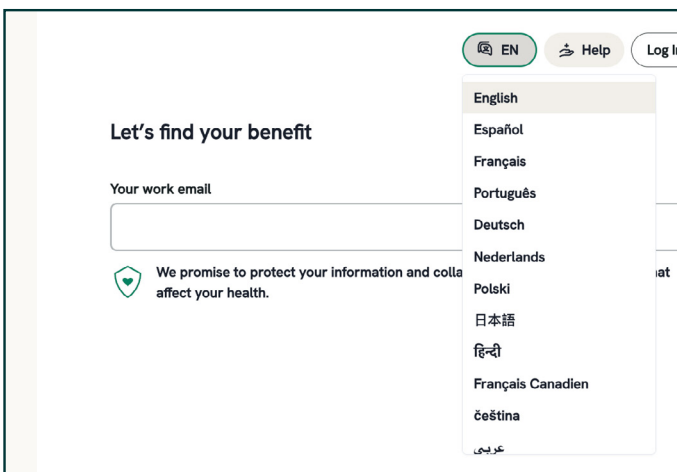
Visit abbott.springhealth.com to activate your account, and choose your language in the settings bar.

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.



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.