Spring Health ABBOTT

Specialized Mental Health Support for Teens



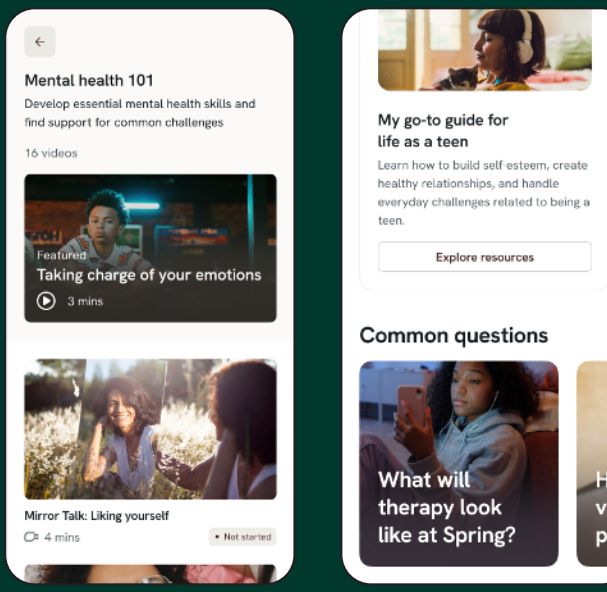
Being a teenager comes with unique challenges. That's why Spring Health has created a safe and private digital space just for teens – to help them take care of their mental health in a way that works for them.

How Spring Health Supports Teens

- Easy direct scheduling with providers who understand teen issues
- Teen-specific assessment to help inform care
- Curated, on-demand wellness tools made for teens, including short videos, tips, and exercises to use anytime
- Access from anywhere – phone, tablet or computer
- Choice to manage the account independently or with a parent or caregiver
- Clear information about what to expect from Spring Health, so there are no surprises
- Extra support when it matters most, including proactive outreach from a Care Navigator for suicidal ideation or self-harm

Share Spring Health with Your Teen

1. Visit abbott.springhealth.com to create your own Spring Health account
2. On your homepage, click "Invite a Dependent," and then "Add Child"
3. Enter your teen's information to create their account
4. Encourage your teen to log in via web or the Spring Health mobile app



Spring Health is available at no cost to Abbott employees and their household members. Each member (age 6+) has access to 6 free therapy sessions per year.
For support, visit springhealth.com/support or call 1-855-629-0554.

Your care with Spring Health is private and confidential.

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