



# Life is easier with the right support.

You don't need to wait for a crisis to prioritize your mental health. Rhode Island Laborers' Health Fund 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:

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## Free Therapy

Get convenient, confidential support from a therapist of your choice. Each member and eligible dependent (ages 6+) gets **8 free** sessions per year.

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## Free Coaching

Build skills, create healthy habits, and reach personal goals. Each member and eligible dependent (ages 18+) gets access to **8 free** sessions per year.

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## Wellness exercises

Find fast relief for stress, anxiety, burnout, poor sleep, or other challenges with Moments digital wellness exercises.

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## Personalized care

Take a short online assessment and get care and provider options that support your unique needs, goals and preferences.

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## Diverse providers

Choose an experienced therapist you can relate to. Browse recommendations or search by specialty, gender, ethnicity, or language.

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## 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.



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Learn more and get started:

[rilhf.springhealth.com](https://rilhf.springhealth.com)  
**Spring Health mobile app**  
Work-life code: rilhf

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)

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Spring Health is available at no cost to all Rhode Island Laborers' Health Fund members and their eligible dependents (ages 6+)

Your care with Spring Health is private and confidential.