



MENTAL HEALTH AWARENESS MONTH

This is Mental Health Awareness Month, we encourage you to take time to take care of yourself with our mental health partners at Spring Health. But don't take our word for it – hear some stories from your Abbott colleagues about the life-changing help they received.

“I have been dealing with PTSD and extreme anxiety for years and have not been able to get the help I needed. With the free sessions from work, this was my last-ditch effort to get help. It has been wonderful; I have learned to better deal with my anxiety and unhealthy relationships.”

“I'm working toward healing through complicated grief and healing my mind, body, and spirit. This far, my experiences with Spring have been so beneficial. I have been blessed to connect with some amazing professionals who are meeting me where I am and helping in my journey to healing.”

“I had my first session today. I already feel confident that I will be able to learn some strategies to better manage my stress and anxiety.”

“It is great to have someone neutral to discuss life events without worrying about being judged! You can be yourself and work through your current issues one step at a time.”



SHARE YOUR STORY!

If you want to share how Spring Health or some other Abbott Benefit has impacted your life, we'd like to hear it! Please tell us more - scan the QR code to the right.



INTERESTED IN LEARNING MORE?

Activate your account today to see how Spring Health can support you with coaching, therapy and more. Visit Abbott.SpringHealth.com to get started or scan the QR code to the right. Spring Health is also available by calling **800-626-0738**.



LOOKING FOR A SECOND OPINION?

One more thing – if you are looking for a second opinion on any mental health issues you may experience, please scan the QR code to the right to **contact our partners at Teladoc**.

