



# MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness Month, a time to raise awareness of the importance of mental health. There are many ways to take care of your mental health, but Spring Health is where you and everyone in your family can go when you want to talk to someone, get coaching or practice becoming more mindful and resilient.

## GET STARTED WITH SPRING HEALTH



- Take a two-minute check-in on how you're feeling. This questionnaire identifies the support that is right for you. Visit your Castlight account or go to [Abbott.SpringHealth.com](https://Abbott.SpringHealth.com) to get started.
- Get dedicated personal support. Get matched with a licensed mental health navigator for support along the way.
- Choose a provider. Spring Health's network offers providers for your preferences by ethnicity, LGBTQ+, language and treatment specialty. See a therapist in as few as two days.

## SIGN UP FOR A WELL-BEING WEBINAR



Scan the QR code above to find a session facilitated by Spring Health experts, such as:

**MAY 11**

[Are Social Situations Giving You Anxiety?](#)

**MAY 16**

[Suicide Awareness & Prevention](#)

**MAY 17**

[Safeguarding Your Mental Health](#)

**MAY 23**

[Raising Emotionally Intelligent Children](#)

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All U.S. employees, household members and covered dependents age 6+ are eligible for Spring Health. Each person is eligible for six free therapy sessions per year.

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Discover other well-being sessions and live meditation sessions on [iLiveLifeWell.com](https://iLiveLifeWell.com).



You can take care of yourself and your family with the many benefits available to you through Abbott.

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[AbbottBenefits.com](https://AbbottBenefits.com)