

If life feels extra heavy, *you're not alone*

We're here to help you through this.

Spring Health supports individuals and families with mental health challenges every day. Our Specialty Care programs are designed to provide personalized mental health care specifically for you.

When to seek support:

If you or a dependents (ages 13+) are facing any of these challenges, Spring Health provides confidential, compassionate care to make getting support simple and stress-free:



Waking up from unsettling dreams or nightmares feeling tense and hyper-aware, often avoiding people or places that trigger painful memories.



Persistent feelings of sadness, emptiness, or hopelessness make it hard to enjoy things you once loved, leaving you drained or struggling to sleep.



Increased use of alcohol, cannabis, or other substances is starting to affect your relationships, work, or overall well-being.



Worrying more than usual, with everyday situations causing anxiety or physical symptoms like trouble breathing or an upset stomach.



Eating habits have changed, such as eating large amounts at once, avoiding food, or feeling the need to vomit after eating.



Your child (under age 18) is struggling with focus, behavior, or social interactions and you're not sure how to support them.

We understand how hard it can be to acknowledge the need for professional support and to find care that fits your life, schedule, and unique needs. Spring Health is here to guide you every step of the way and ensure you get the care you deserve—because no one should have to face these struggles alone.



Spring Health's Specialty Care provides:

A smoother path to better mental health

There's no need to navigate the time, effort, or costs of finding care on your own. Many, or even all, of your care costs are covered by Mortenson.

Fast access to expert care

We'll connect you with providers who fit your mental health needs and personal preferences. On average, your first appointment is just two days away—much faster than the usual two-month wait.

Personalized, seamless support

You only need to share your story once. We'll take it from there, making it easy to get the care you need without extra stress.



Get started



1. Scan the QR code or visit mortenson.springhealth.com to sign up for Spring Health and take a quick assessment. If you're seeking care for a dependents, sign-up and then invite them to join Spring Health to create their account
2. Schedule a free and confidential call with a specialized clinician who can connect you to the right care
3. Get a personalized plan that works with your budget and lifestyle