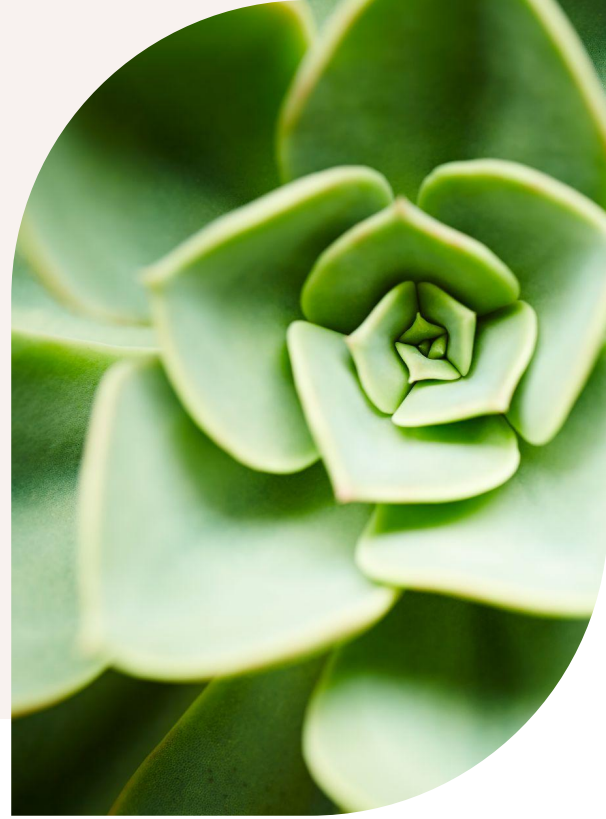


Life is easier with the right support.

Whatever you're experiencing, there's no need to carry it alone. You now have Spring Health, a mental health benefit available through QuinStreet, at no cost to you.



With Spring Health, benefits-eligible employees and their families can access:



Free therapy

Up to 6 therapy sessions per year are available to each family member at no cost to you



Diverse providers

Find a therapist you can relate to across specialty, gender, ethnicity, language, and more



Personalized care plans

Our short online assessment will guide the creation of your personalized mental wellness care plan



Wellness exercises

On-demand access to a library of self-guided exercises to improve your mental wellbeing



Dedicated support

Your Care Navigator can help you find the right therapist, schedule appointments, and provide guidance throughout your care



Coaching

Connect with a coach to help you set and achieve personal goals, build new skills, and develop healthier habits

Activate your account
quinstreet.springhealth.com

Contact Spring Health
careteam@springhealth.com
1-855-629-0554
Monday-Friday, 8:00am-11:00pm ET

Your care with Spring Health is private, confidential, and available at no cost to benefits-eligible QuinStreet employees and their household family members age 6+.