



Support for your mental well-being **when you need it**

Spring Health, your Employee Assistance Plan (EAP) provider, offers mental health care navigation that can help connect you with providers **in as little as three days**, along with additional services to support your mental well-being.

EAP services at no cost to you include:

- up to six therapy visits
- unlimited virtual coaching
- 24/7 crisis assistance
- referrals and work/life services

Plus, Medical Plan members who begin treatment with a Spring Health provider **can remain in treatment** with that provider after using the six no-cost therapy visits provided through the EAP and care will be in-network.



Visit pensions.org/eap to learn more.



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If there is any difference between the information presented here and the provisions of the Benefits Plan of the Presbyterian Church (U.S.A.), the plan terms will govern.



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