



Support when you need it for your mental well-being

Spring Health, the service provider of your Employee Assistance Plan (EAP), offers easy access to confidential high-quality mental health care and more, all at no cost to you:

- ✓ **mental health care navigators** to connect you to resources and treatment
- ✓ **up to six clinical therapy sessions** with a Spring Health provider
- ✓ **unlimited virtual coaching sessions** with certified coaches
- ✓ **24/7 support and crisis assistance** from a licensed professional
- ✓ **work/life referrals, resources, and assistance**

Visit pensions.org/eap to learn more. If you have any questions, please call the Board at 800-PRESPLAN (800-773-7752) (TTY: 711).



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.



THE BOARD OF PENSIONS
OF THE PRESBYTERIAN CHURCH (U.S.A.)