

Life is easier with the right support.

You don't need to wait for a crisis to prioritize your mental health. District Council 16 Health & Welfare Trust Fund partners with Spring Health to provide personalized care and resources to support you through any of life's challenges.

Spring Health can support your mental health with easy access to:

Free therapy

Get convenient, confidential support from a therapist of your choice. Each member (age 6+) gets 10 sessions per year.

Free coaching

Build new skills, create healthy habits, and reach personal goals. Each member (18+) gets 10 free sessions per year.

Dedicated guidance

Your Care Navigator can walk you through your care plan, help you find the right therapist, and provide support whenever you need it.

Diverse providers

Choose an experienced therapist you feel comfortable with Browse recommendations or search by specialty, gender, ethnicity, or language.

Wellness exercises

Moments is a library of self-guided exercises that can help you manage stress, calm anxiety, beat burnout, improve sleep, and be more mindful.

Work-life services

Access expert guidance and resources to navigate legal or financial matters, child care, elder care, pet care, travel, household services, and more.



Contact Spring Health:

springhealth.com/support

1-855-629-0554

General support: M-F, 8am-11pm ET

Crisis support: 24/7 (press 2)

Learn more and get started:

dc16trustfund.springhealth.com

Spring Health mobile app

Work-life code: dc16trustfund

Spring Health is available at no cost to all District Council 16 Health & Welfare Trust Fund members and their dependents (age 6+).

Your care with Spring Health is private and confidential.

