

Life is easier with the right support.

You don't need to wait for a crisis to prioritize your mental health. Ingram Micro 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:

Therapy

Get support when it's convenient for you. Each member gets 8 free therapy 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.

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.

Personalized care

Take a short online assessment and get care recommendations to support your immediate needs and long-term goals.

Diverse providers

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

Medication management

If needed, 2 of your covered therapy sessions can be used for a medication management consultation with a doctor.



Get started today
sonypictures.springhealth.com
Spring Health mobile app
Work-life code: sonypictures

Contact Spring Health
springhealth.com/support
1-855-629-0554

General support: M-F, 8am-11pm ET
Crisis support: 24/7 (press 2)

Sony Pictures partners with Spring Health to give you and your family access to mental health services — **confidential** and at **no cost** to you.

**Available to all regular full-time US benefits-eligible employees and their dependents, including children ages 6+. Please see your Benefits Guide for eligibility details.*