

Your Mental Health Care Navigator

Spring Health Care Navigators take the guesswork out of mental healthcare.

Navigating mental healthcare on your own can be overwhelming. With Spring Health, you will be matched with a dedicated **Care Navigator** – a licensed clinician who serves as a personal guide to ensure you are connected to the best care for your needs.

If you have questions about therapy or any part of your care plan, your Care Navigator will let you know what to expect.

Your Care Navigator can:

- Provide emotional support
- Explain your assessment results and care plan
- Find the right provider for your needs
- Make referrals as needed
- Schedule appointments
- Assist in making provider changes
- Check in with you throughout care

Get support from your Care Navigator

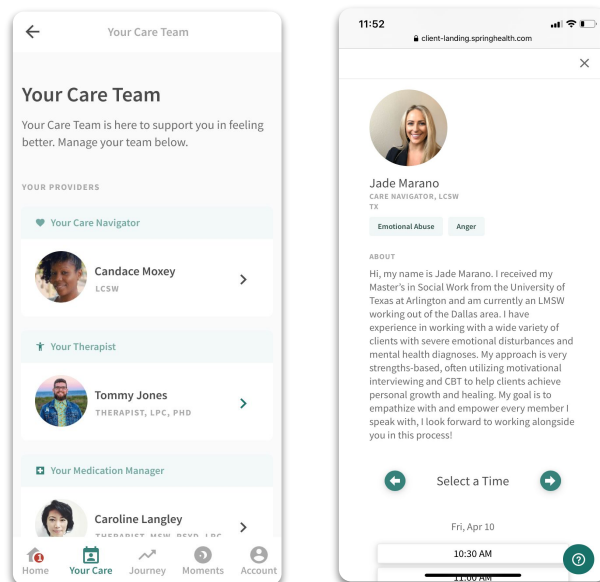
smpcorp.springhealth.com

1-855-629-0554

Care Navigator appointments: M-F, 8am-8pm ET

General support: M-F, 8am-11pm ET (press 3)

Crisis support: 24/7 (press 2)



[Click here](#) for frequently asked questions.

Access to Care Navigation is free and unlimited. Working with a Care Navigator is optional. You can either schedule an appointment to speak with your dedicated Care Navigator through your Spring Health account, or call for on-demand support.

Spring Health is available at no cost to Standard Motor Products employees and their benefits eligible dependents.

Your care with Spring Health is private and confidential.