

It's 100% okay to not be 100% okay.

Your team at Spring Health is here for you.

The severe winter storm impacting The South has left millions without power and seeking safe shelter for themselves and for their loved ones. We understand the added stress that this creates, on top of our daily work and personal responsibilities. We want you to know that you are not alone.

Your team at [Spring Health](#) — your mental wellness benefit provided by Sysco — is here to help you manage any anxieties or stress that you may be experiencing. You can also reach us if you simply want someone to talk to.

[Sign up or sign in](#) to speak with your Care Navigator, who can help you get a handle on stress, book same-week therapy appointments, and more.



Your benefits with Spring Health:



Dedicated support when you want it



In-app exercises to help relieve stress



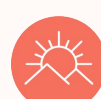
Therapy, up to 5 sessions fully covered



Medication management, if appropriate



Personalized care recommendations



24/7 crisis support

sysco.springhealth.com

240-558-5796

Search for "Spring Health Mobile"

