



## 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](https://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.)

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