Spring Health | City of Milwaukee

Mental health support made simple – and free

100% confidential and personalized

INCLUDED IN YOUR BENEFITS

Care at no cost to you

6 therapy and/or coaching sessions each year for you and your family

If you need, continue care at affordable rates with or without insurance.

Always confidential

Your care is private and never shared with your employer

Right provider for you

Get matched or choose from a range of specialties and backgrounds

Support every step of the way

Free access to care navigators, self-guided tools and work-life services



"Spring Health made it so easy to access care. I was quickly matched with a great therapist who really understands me."

Spring Health Member

92%
Feel better after care

4.8/5
Average rating for care sessions

Claim your benefits

1. Scan the QR code to sign up for Spring Health (or visit cityofmilwaukee.springhealth.com)
2. Take a short assessment about your needs and preferences
3. Get matched with the right support for you — and book your first session

Need support? **Call 1-855-629-0554**

Add benefits-eligible dependents

Scan the QR code below to easily add benefits-eligible dependents

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