



# Dedicated Support for Navigating Transitions

Johnson & Johnson partners with **Spring Health** to provide personalized care and resources to support you through life's challenges – including job loss or retirement. [Register](#) with Spring Health prior to your final day with Johnson & Johnson to access emotional support while navigating these transitions.

Spring Health can support your mental health with easy access to:

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## Free therapy and coaching

Get support when it's convenient for you. Each member gets 6 free therapy sessions and 6 coaching sessions per year.

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## Personalised care

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

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## 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.

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## Diverse providers

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

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## 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.

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## Work-life services

Access expert guidance and resources to navigate legal or financial matters, child care, elder care, pet care, travel, household services, and more.



Learn more and get started:

[jnj.springhealth.com](https://jnj.springhealth.com)  
[Spring Health mobile app](#)  
Work-life code: jnj

Contact Spring Health:

[springhealth.com/support](https://springhealth.com/support)  
**1-855-673-1194**  
**Crisis support: 24/7 (press 2)**

Monday-Friday 9am-5pm local time

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Spring Health is available at no cost to you and your spouse/domestic partner, dependents ages 8+, and household members for **90 days following your last day at Johnson & Johnson, provided that you created your account before your separation date.**

Your care with Spring Health is private and confidential.