



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:

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.

Personalized care

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

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.

Diverse providers

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

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.

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
[Spring Health mobile app](#)
Work-life code: jnj

Contact Spring Health:

springhealth.com/support
1-855-629-0554
Crisis support: 24/7 (press 2)

General support: M-F, 8am-11pm ET

Spring Health is available at no cost to you and your spouse/domestic partner, dependents ages 6-26, 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.