

Life is easier with the right support.

You don't need to wait for a crisis to prioritize your mental health. Atlantic Packaging partners with Spring Health to provide personalized care and resources to support you through any of life's challenges.

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

Therapy* and coaching

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

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.

Personalized care

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

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:

atlanticpkg.springhealth.com

Work-life code: atlanticpkg

Contact Spring Health:

careteam@springhealth.com

1-855-629-0554

General support: M-F, 9am-5pm
Local Time

Crisis support: 24/7 (press 2)



Spring Health is available at no cost to all Atlantic Packaging employees and their dependents.

Your care with Spring Health is private and confidential.

*Spring Health offers both virtual and in-person therapy session options