

Spring Health 



Life is easier with the **right support.**

Get convenient, *personalized* mental health support from Spring Health.

Available at no cost to all Atlantic Packaging employees and their dependents (age 6+).



Spring Health can support your mental health with fast access to therapy, coaching, and other resources at no cost.



Learn more and get started:
atlanticpkg.springhealth.com

For support:

1-855-629-0554

M-F, 8am-11pm ET

For 24/7 crisis support, press 2