

# Therapy vs. Coaching: What's the Difference?

Whether you're working through challenges or building toward goals, the right support can make all the difference.

With Spring Health, you have access to both therapy and coaching, so you can choose what fits your needs, right now and over time.

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You and your family members have access to **10 free therapy sessions and 10 free coaching sessions** with Spring Health. Here are the differences:

## Therapy

- Proven method to help you through mental or emotional distress
- Led by licensed therapists
- Focus on understanding thoughts, feelings, and behaviors to improve daily life

## Coaching

- Unbiased support to help you reach goals and improve well-being
- Led by certified coaches
- Focus on building skills and habits related to development, wellness, relationships, or parenting



## Your benefits with Spring Health

**You don't have to figure it out on your own.** Start by connecting with a therapist or coach who can support you, wherever you are.

Your care with Spring Health is completely confidential—your information is never shared with your employer or anyone else.

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Learn more and get started:

[abk.springhealth.com](https://abk.springhealth.com)

1-855-629-0554

(Select option 2 for 24/7 crisis support)

