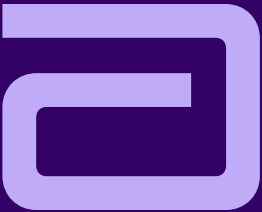


World Mental Health Day

U.S. Employees



 ABBOTT



World Mental Health Day

Together, let's build a culture where mental health matters every day, not just on World Mental Health Day. Abbott offers resources for you and your family to help strengthen resilience, support mental health and provide guidance during life's challenges.

EMPLOYEE ASSISTANCE PROGRAM

Mental health support anytime, anywhere

Spring Health is your Employee Assistance Program (EAP) and offers comprehensive mental health and work-life benefits to you and your family. Access mental health therapy and coaching, well-being resources, substance use support and more.

[Get connected](#)

Be part of the Abbott mosaic

Join colleagues worldwide in creating a collective picture mosaic by sharing how you recharge and care for your well-being.

[Join the mosaic](#)

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Webinars and events

Register and join us for upcoming sessions focused on your mental health and well-being. Discover more free seminars on a variety of well-being topics at iLiveLifeWell.com/seminars.

Webinars

Make space for what matters

Explore how boundaries help protect what's important and help prevent burnout.

Oct 8, 2pm CT

Register

Spring Health benefits overview

Discover more about your mental health benefits through Spring Health.

Oct 27, 2pm CT

Register

WellSprings conversations

Healthy boundaries for stronger families

Protect what matters most through communication, balance and connection.

Register

Boundaries that support well-being

Explore how thoughtful limits create healthier relationships and a balanced life.

Register



Mental health activities

Discover tools and resources designed to help you manage stress, prevent burnout, build healthy habits and support your overall well-being.

Pause and reset

Take a few minutes to recharge with a guided breathing exercise designed to help you slow down, refocus, and find a sense of calm during a busy day.

[See how](#)

Strengthen your support system

Explore an interactive activity that helps you identify and map the people, resources and connections that can support your well-being when you need them most.

[Start building](#)

Learn, reflect and grow

Access articles, tools and training focused on mental well-being, stress management, burnout prevention and navigating challenging times.

[Explore resources](#)



Resources and benefits

Looking for support, guidance or ways to save?
Explore resources available to help make life a little easier.

Family and household services

Access a free premium Care.com membership to find and manage care for your household, plus 24/7 support is available from a Care Specialist at **866-814-1638**.

[Find support](#)

Spring Health work-life services

Navigate everyday challenges and major life decisions with expert guidance and support for legal, financial, health and daily living needs.

[Learn more](#)

PerkSpot discounts and deals

Save with exclusive PerkSpot discounts on travel, event tickets, fitness memberships, electronics, home essentials and more.

[Discover savings](#)

Learn more

Bookmark these Abbott sites for easy access to benefits information and events.

Benefits and programs

AbbottBenefits.com

Well-being programs and seminar registration

iLiveLifeWell.com

Family-friendly benefits, programs, policies and resources

Family.AbbottBenefits.com