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### Spring 2025

We at the Board of Pensions are working hard to serve our churches, ministers, and employees of the Presbyterian Church (USA). I am here to support you and your congregation should you have any questions about the Board's benefits and programs. I look forward to our continued partnership.

*The Board of Pensions is a national agency of the Presbyterian Church (U.S.A.), offering a broad range of benefits to PC(USA) churches, agencies, mid councils, and affiliated employers.*

**Member/Employer Services:** 800-773-7752 M-F 8:30 am to 6:00 pm ET. [memberservices@pensions.org](mailto:memberservices@pensions.org)

## Mental Health

May is Mental Health Awareness Month. When it comes to mental health care, it can be a struggle for ministers and staff to find appropriate care for stress, anxiety, depression, burnout — and a variety of other conditions.

Spring Health, the new provider for the [Employee Assistance Plan \(EAP\)](#), offers eligible employees a variety of mental well-being and EAP services, including mental health care navigation, six clinical therapy sessions at no cost to them, and **unlimited virtual coaching sessions with certified coaches at no cost**. If the member is also participating in any of our medical benefits, those consultations with the Spring Health mental health care provider can continue with a normal copay.

Should a minister or staff member need to take leave to focus on mental health, they can consider making use of the [Temporary Disability](#) benefit which is available by itself or as part of the [Covenant Package](#), [Congregational Pastors Package](#) and the [Transitional Pastor's Participation Package](#).

## News from the March Board of Directors Meeting

The Board of Directors of the Board of Pensions met in early March. You can read the [Spring Board Bulletin](#) for more details on the information and actions from that meeting, including a 4.6% experience apportionment for the [Defined Benefit Pension Plan](#).

## Other important information:

**Support for employers as they manage employees through Benefits Connect** Any changes to effective salaries must be reported to the Board of Pensions via Benefits Connect within 30 days of the effective date. Details about this and other Quick Start Guides for Benefits Connect are found [here](#).

