

Uprise Health combines innovative, clinically-validated digital mental health technology with live support delivered by caring clinical professionals, giving your employees easy to access, personalized care that meets them wherever they are on their mental health journey.

Our suite of services makes **accessing mental health care easier than ever through on-demand digital resources and live clinical support...**



EASE OF ACCESS
5 minutes

to receive access to a crisis counselor within 5 minutes



HIGH-QUALITY NETWORK
8.6/10 rating

for counseling sessions with our network of high-quality providers



CLINICALLY VALIDATED
14 studies

peer-reviewed publications supporting our specific protocols



...resulting in **validated health outcomes and meaningful cost savings.**



84%
OF USERS

show improvement in depression and anxiety symptoms in 4 weeks*



47%
REDUCTION

of both imminent turnover risk and absenteeism*



12%
INCREASE

in employees' perception of company support*

*Four-week validated outcomes based on members who opted into our digital courses.



“
The results for productivity, engagement, and morale have been really positive indicators that our staff are finding benefit in the program and in their personal life as well. - Kim Cheney, Head of HR, PayPal



Our digitally-enabled EAP combines self-guided and evidence-based CBT modules with live and asynchronous coaching, short-term solution-focused counseling, and work-life services 24/7.

Ease of Access

Digitally-enabled EAP services and mental health solutions fit seamlessly into the lives of members, reducing stigma and improving access to mental health care and work-life support.

Increased Member Engagement

Our personalized plans and proactive outreach get employees to the care they need faster—leading to higher utilization, better validated outcomes, improved health, and higher ROI.

Quality Care—60k Provider Network

Members have access to 60k high-quality licensed providers across the United States—with an array of clinical specialties and cultural backgrounds.

Comprehensive Approach to Care

Our combination of traditional EAP services with a self-guided digital mental health platform, coaching, counseling, and chronic care management programs give every member the level of care they need.

Live, Dedicated Care Navigators

Dedicated care navigators help members get access to the care, resources, and support they need—available live via chat, SMS, email, and phone.

Monthly Wellbeing Checks

Clinically validated wellbeing checks identify member risk levels, connecting at-risk members with support right away.



8 million covered lives across 60,000 organizations.



Learn how Uprise Health can support the mental health of your organization.

[Request a Demo](#)