


When you or your dependents need help, call Uprise Health to connect our care navigators to get access to therapists for confidential support at no cost to you.

- Relationship
- Career concerns
- Family issues
- Stress
- Depression
- Anxiety
- Financial concerns
- Loss or grief
- Substance use
- Other personal concerns

Connect with an intake specialist at 1.800.395.1616 or through [Uprise Health Platform](#).

Your EAP Plus is for you and your family



Visit app.uprisehealth.com to learn more about your new benefits.

