



Your EAP Plus is for you and your family

When you or your dependents need help, call Uprise Health to connect with 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 abuse
- Other personal concerns

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

