

The Uprise Health EAP is designed to support your entire family with confidential counseling and resources to make your everyday challenges less stressful.

You, your spouse, and dependents have access to no-cost, confidential therapy, CBT-based mental health courses, and work-life resources for personal concerns through the Uprise Health EAP:

- Financial help
- Legal services
- Online legal forms
- Child & parenting services
- Adult & eldercare services
- Self-guided programs & courses

# Your EAP is for you and your family!

Visit [app.uprisehealth.com](https://app.uprisehealth.com) to sign-up for the app,  
and start your wellness journey today!  
Access Code:

