



# Your Digital EAP is for you and your family.

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 Member Platform.**

