



# Support for Life's Stresses - Large and Small

**"Confidential and professional,  
easily accessible, easy to use,  
approachable, time effective."**

- Uprise Health Member





## Get excited! Our new Employee Assistance Program (EAP) launches on

When life feels more difficult than it should be, your EAP can help. Uprise Health's digital resources can help you and your family with a variety of everyday concerns, including:

- Workplace stress
- Anxiety
- Work-life balance
- Burnout
- Family issues
- Trauma and grief
- Financial problems
- Childcare, eldercare, and family caregiving

Included at no additional cost to you:

- Self-guided programs and courses
- Short-term therapy
- Financial and legal services
- 24/7 crisis access
- Communications and training



**For an overview of Uprise Health's EAP services,**  
**visit: [uprisehealth.com/digitally-enabled-eap/](https://uprisehealth.com/digitally-enabled-eap/)**