



## Employee Assistance Program (EAP)

**Our program is designed to help reduce stress and keep you healthy.**

- In person, video, or telephone short-term counseling sessions.
- Access is confidential.
- Work-life resources to develop your resilience, stress management, and mental fitness.
- Visit [members.uprisehealth.com](https://members.uprisehealth.com) to get started.





## Your EAP is For You & Your Family.

**EAP benefits are available to all employees and their families at NO COST to you. The EAP offers confidential advice, support, and practical solutions to real-life issues.**

### EAP Services for Employees & Families

- Up to Confidential Counseling sessions
- 24-hour Crisis Help
- Online Peer Support Groups
- Tess, AI Chatbot

Phone: **1-800-395-1616**

Website: **[members.uprisehealth.com](https://members.uprisehealth.com)**

Access Code:

© Uprise Health







## We Are Here to Help.

**You, your spouse, and dependents have access to no-cost, confidential counseling and work-life resources for personal concerns through Uprise Health EAP:**

- Financial Help
- Legal Services
- Online Legal Forms
- Child & Parenting Services
- Adult & Eldercare Services
- Webinars & Trainings

## Our EAP is here to help. Anytime. Anywhere.

Connect with an intake specialist who can help you find the resources and services you need.

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**Life presents us with challenges at work and at home on a daily basis. You do not have to face these challenges alone, even if you're far away.**

**EAP benefits are available to all employees and their families at NO COST to you.**

**You can access these confidential services by calling 1-800-395-1616 and speaking with an intake specialist or by accessing online at [members.uprisehealth.com](https://members.uprisehealth.com).**

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Date:

Time:

Location:

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