



Did you know?

*Nearly **83%** of U.S. workers
suffer from workplace stress.*

Get mental health support for
you and your family with Uprise
Health EAP benefits. Log in to the
Member Portal today!





Did you know?

The main causes of workplace stress are workload (39% of workers), interpersonal issues (31%), juggling work and personal life (19%), and job security (6%).

Has stress made everything seem a little harder lately? You're not alone. With Uprise Health EAP solutions, you can access therapists and online resources to make it easy to find the help you need. Log in with your access code today to get started at members.uprisehealth.com.





Did you know?

Less than 40% of employees who suffer from stress have talked to their employer about it.

Discussing your stress with a professional can keep anxiousness and stress from negatively influencing your work and your health. With Uprise Health EAP solutions - including therapy and online resources - support is at your fingertips. Don't wait to get the help you deserve! Visit the member portal today to get started at members.uprisehealth.com.





Enrollment time is here!

Sign up for EAP benefits today!

Your Uprise Health EAP benefits include short-term therapy, 24/7 phone support, work-life resources, and more.





Uprise Health EAP Solutions

We help care for the caregivers.

More than half of Americans in their 40s have a living parent 65 or older and are either raising a child younger than 18 or have an adult child they helped financially in the past year.

If you are caring for your children and your elderly parents at the same time, who takes care of you? With Uprise Health EAP, you can talk with a therapist and find solutions to caregiver burnout. Visit the Uprise Health platform to find help today at members.uprisehealth.com.





Uprise Health EAP Solutions

We help you cope with the stress and anxiety of money worries.

87% of Americans admit to feeling increasing stress from inflation and the rising costs of everyday goods.

If a tight budget and growing expenses are causing anxiety, it's time to take advantage of your Uprise Health EAP benefits and discover solutions that will bring peace of mind to you and your family. Log in today to find therapists, work-life resources, and more: members.uprisehealth.com.

