



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 the **Uprise Health Member Platform**.

Your EAP is for you and your family.

We're here to help.

Phone: **1.800.395.1616**

Website: **uprisehealth.com**