



## EAP & Work-Life Services

Employee Assistance Program (EAP) benefits are available to all employees and their families at **NO COST** to you.

### Mental Health Services

- Short-Term Counseling
- 24-Hour Crisis Help
- Tess Chatbot
- Online Peer Support Groups

### Work-Life Services

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



**We Are Here to Help.**

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

**Access Code:**

**Password:**