



EAP & Work-Life Services

Life presents us with challenges at work and at home on a daily basis. You do not have to face these challenges alone.

uprisehealth.com/members



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

We are Here to Help.

Call the EAP at
or access resources online at
uprisehealth.com/members.

Access Code:

Password:



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