



Employee Assistance Program (EAP)

Our Employee Assistance Program (EAP) is here to offer you confidential, short-term counseling and support services, providing a helping hand when you're facing personal or work-related challenges. Your wellbeing is important to us, and our EAP is here to help you thrive both personally and professionally.

Topics for support

- | | |
|----------------|--------------------|
| Mental Health | Grief |
| Childcare | Substance Abuse |
| Legal Services | Financial Wellness |
| Identity Theft | Career Development |
| Relationships | And More |

Access the EAP



worklife.uprisehealth.com

Code: worklife

email: eapcounselor@uprisehealth.com



800.386.7055

3 face to face sessions

Unlimited phone/online consultations

I think my teen may be drinking...

I'm really stressed about money right now...

I could use more education to level up my career...