



Employee Assistance and Mental Health Program

Employee Orientation



Welcome To Your EAP

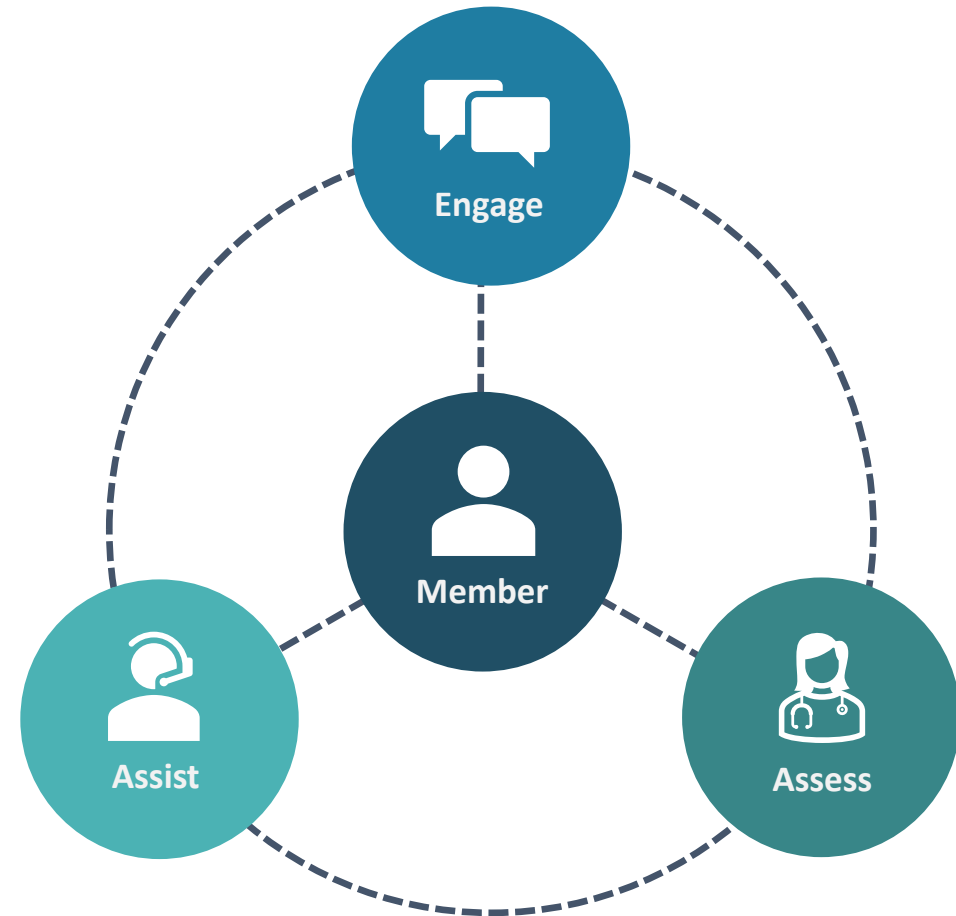
- Coaching
- Counseling
- Work Life Resources



Overview

We all face challenges - - and every employee is different.

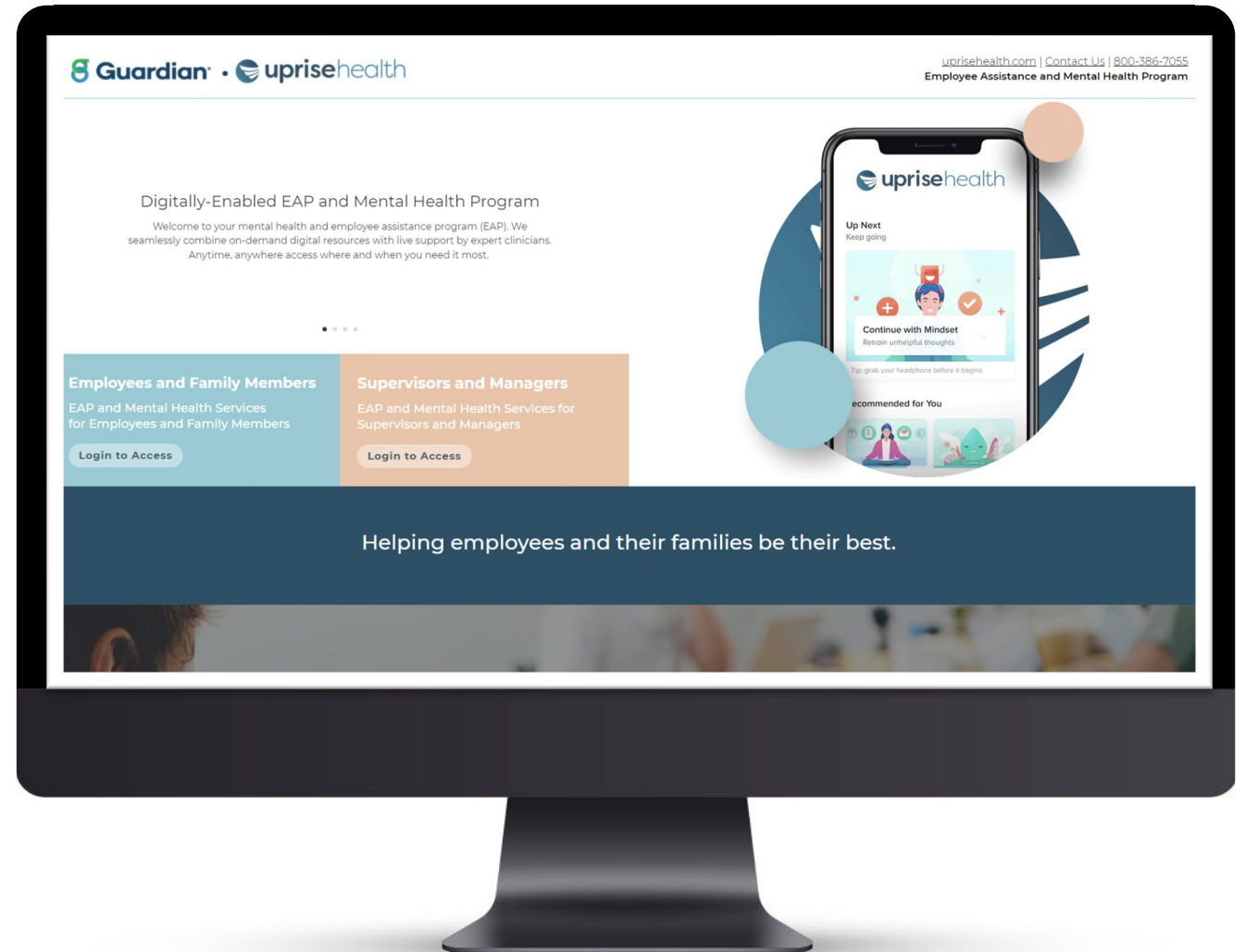
- Sometimes just a phone call or access to resources are needed
- Other times, coaching or counseling services are a better solution
- We connect you with the level of care you need
- Services are available to employees and dependents
- Round the clock, confidential access



Login for Confidential Access

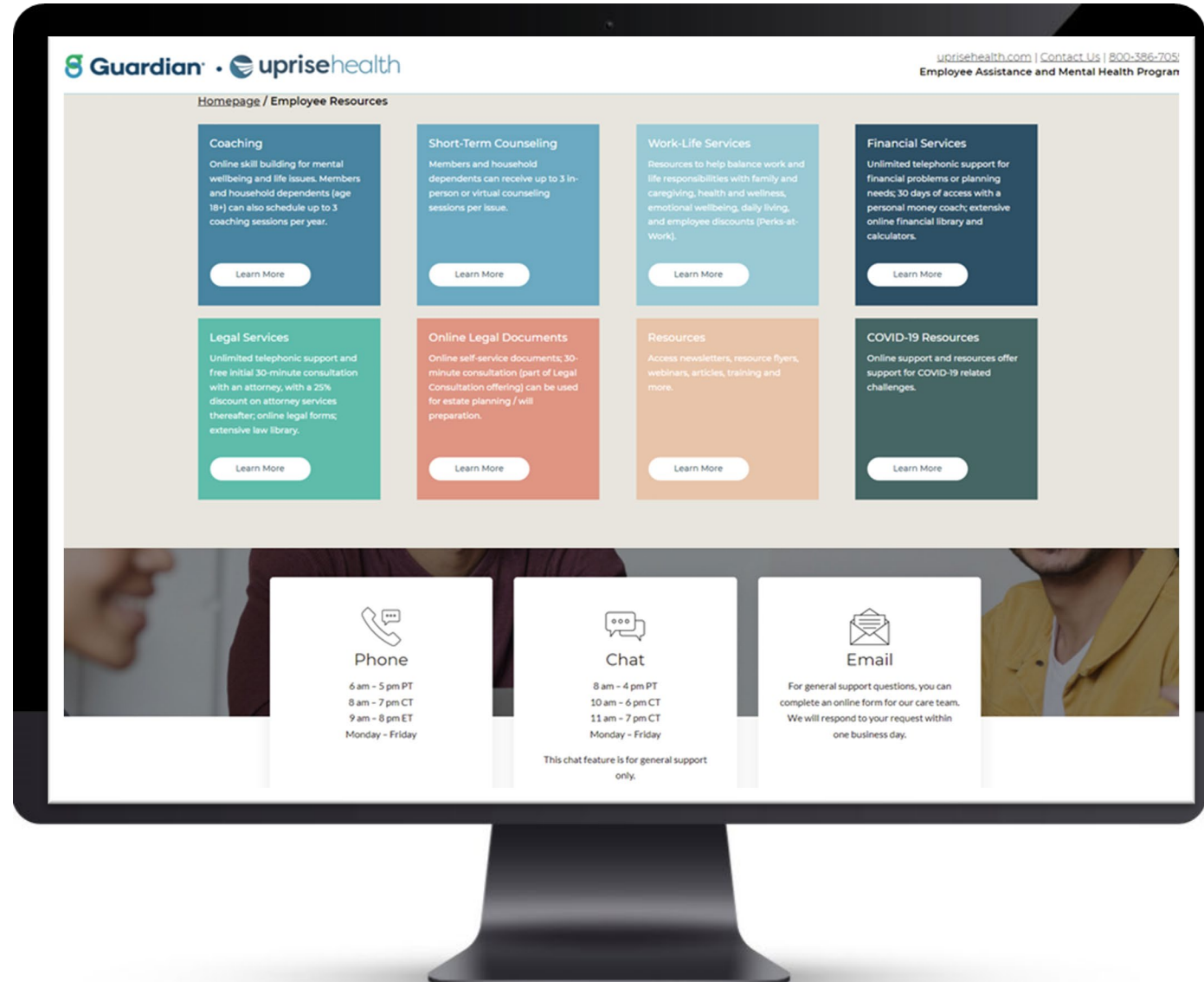
worklife.uprisehealth.com

Access Code: worklife



Online Access

- Coaching
- Counseling
- Work-Life Services
- Financial Services
- Legal Services
- Online Legal Documents
- Newsletters and Training



Online Courses and Coaching

Wellbeing Check

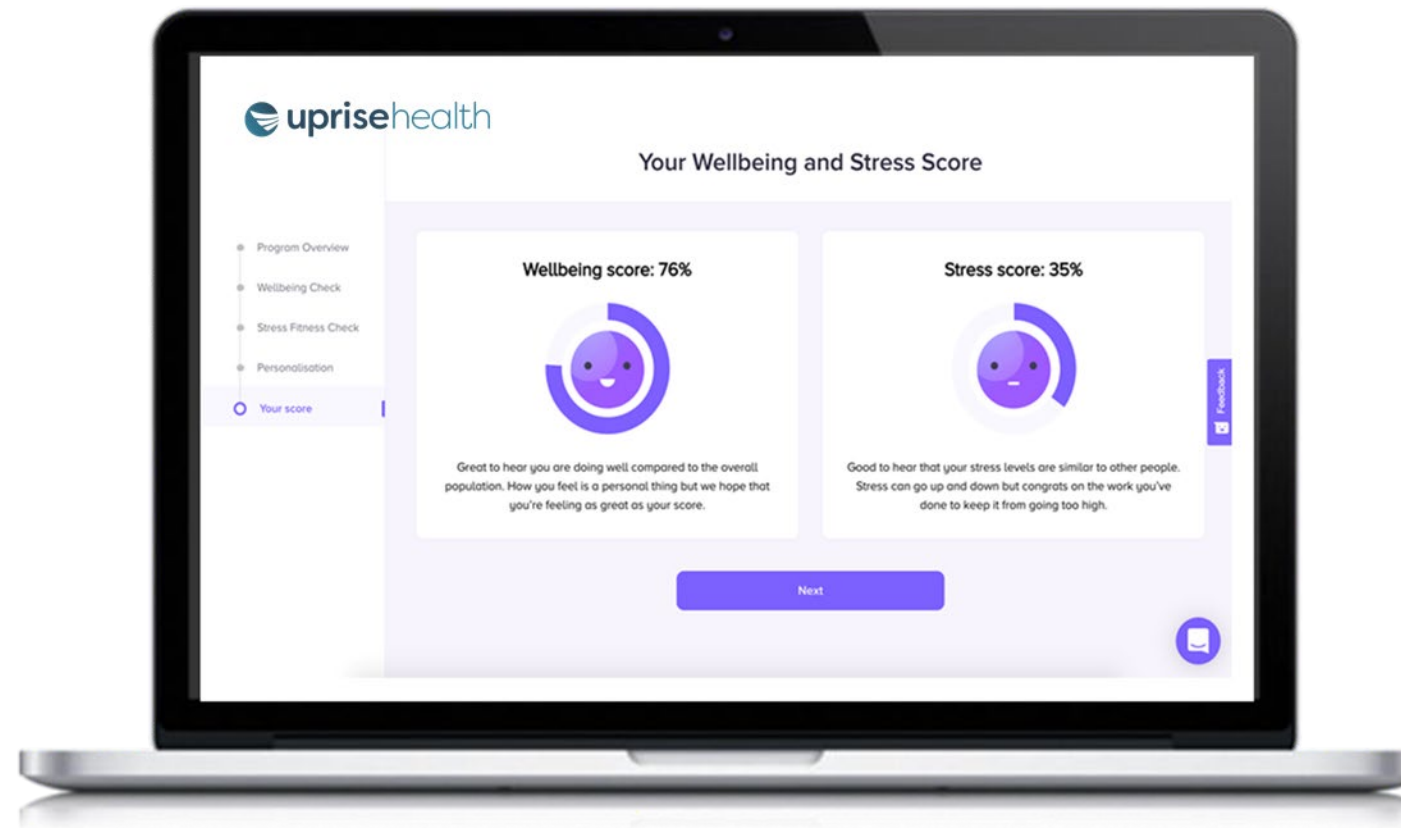
- 11 questions assess wellbeing
- Less than 5 minute to complete

Online Courses

- Access via the app or online
- Videos and interactive exercises

Coaching

- Self-guided CBT and skill building modules
- Online scheduling with a coach



Scheduling a Coach

- All coaching is accessed and booked online
- Employees choose their level of support
- Options for chat or phone-based coaching
- Eligible for up to **3 coaching sessions**



Short Term Counseling

- Convenient, secure access to short-term counseling
- Phone, video and face to face sessions
- Member will be asked about their needs to be matched with a counselor
- Eligible for up to **3 counseling sessions per issue** for each member of the household, including employee, spouse and unmarried dependents up to age 26
- Member can schedule their own appointment, or we can help with scheduling



How the Counseling Works

Up to **Three (3)** No-Cost EAP Visits

- Toll free telephonic intake and benefit consultation service
- Triage and problem assessment
- Referral to counselor or behavioral health professional
- For all employees and dependents
- Referral to Medical or Behavioral Health Plan if condition is long term

What to Expect When You Call to Request Counseling

- You will speak directly with an Uprise Health representative
- You will be asked about your needs to be matched with a counselor
- You can schedule your own appointment, or we can help with scheduling
- If you are in crisis, your call will be connected for immediate help

Work-Life Resources

Support for work-life issues that impact a members' ability to stay present and productive at work, including:

- Legal Services
- Financial Services
- Online Legal Forms
- Child and Parenting Resources
- Adult and Elder Care Services
- Training and Webinars

Online Peer Support Groups

Employees can join online support groups with others who have similar issues to share ideas, support, and encouragement.

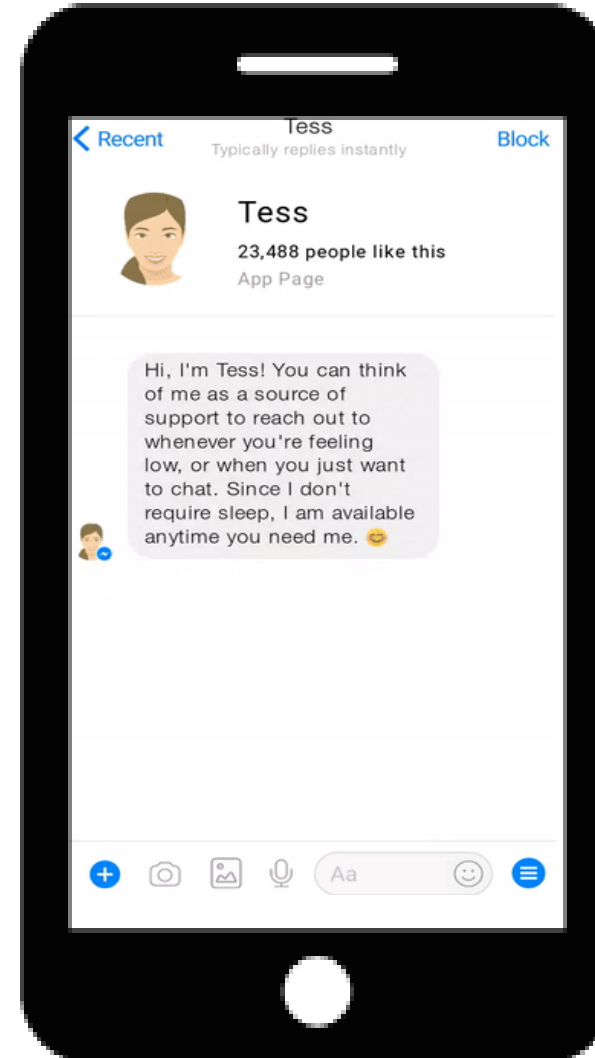
Offering a wide variety of groups, which are confidential and led by certified peer specialists or recovery coaches:

- Addiction Recovery
- Anxiety
- Depression
- Front Line Employees/First Responders
- Grief and Loss
- Parenting



Emotional Support & Check Ins

- 24/7 chatbot for emotional support and check-ins to boost wellness.
- Helps build resilience and self awareness by practicing coping skills.
- Reminders and check-ins helps reinforce skills learned.
- The more chats with Tess, the more she will learn needs and preferences.





Connect with Your EAP

800.386.7055

worklife.uprisehealth.com

Access Code: worklife

