

Our EAP Services Include:

- Coaching sessions are 30-minutes via phone or video with a licensed coach. These sessions focus on developing skills to learn how to cope, feel better and manage stress. Sessions can also be focused on a specific topic such as sleep, productivity, addiction, pain, or mindfulness. All members and household dependents (age 18+) have access to 3 coaching sessions, and these are in addition to 3 short-term counseling sessions per issue provided through this program.
- Short-Term Counseling sessions are 60-minutes via phone, video or in-person with a masters-level or PhD clinician. Sessions are focused on higher level mental health needs such as anxiety, grief, or stress. All members and household dependents (age 18+) can receive up to 3 in-person or virtual counseling sessions per issue.
- Work-Life Services are resources to help balance work and life responsibilities with family and care-giving, health and wellness, emotional well-being, and daily living.
- Financial Services provide unlimited telephonic support for financial problems or planning needs; 30 days of access with a personal money coach; extensive online financial library and calculators.
- Legal Services provide unlimited telephonic support and free initial 30-minute consultation with an attorney, with a 25% discount on attorney services thereafter; online legal forms; extensive law library; identity theft.
- Online Legal Documents provide self-service documents; free 30-minute consultation (part of Legal Consultation offering) can be used for estate planning / will preparation.
- Additional resources such as newsletters, resource flyers, webinars, articles, training and more.
- COVID-19 Resources which provides online support and resources for COVID-19 related challenges.

Ways to connect to our EAP support services:

Website at <https://worklife.uprisehealth.com/>

User name: WorkLife

Password: 70101

Email: eapcounselor@uprisehealth.com

Live Chat link allows you to chat with an Uprise Health associate in real time between 8 am to 4 pm PT, Monday to Friday. This chat is intended to provide general support for your Guardian EAP program and to help guide you to helpful resources. Counseling and advice is not provided via chat.

Phone

If you are experiencing an emergency, please call 911.

If you need immediate assistance, please call 800-386-7055.

Hours and dates of operation

6am – 5pm PT

8am – 7pm CT

9am – 8pm ET

Monday - Friday