



## Digitally Enabled EAP with Self-Guided Mental Health & 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, even if you're far away.**

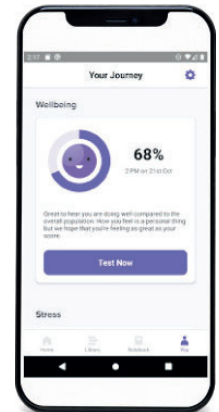
### We Are Here to Help

EAP benefits are available to all employees and their families at NO COST to you. The EAP offers confidential advice, support, and practical solutions to real-life issues. You can access these confidential services by calling the toll-free number and speaking with our care team, or accessing online.

### Digitally Enabled Employee Assistance Program (EAP)

**Our program is designed to help reduce stress and keep you healthy.**

- Bite-sized training is available from your desktop or mobile app.
- Access is confidential. Take the assessment and check your wellbeing score.
- Get your own personalized recommendations for self-guided CBT.
- Skills training to develop your resilience, stress management, and mental fitness.
- Visit [uprisehealth.com/members](https://uprisehealth.com/members) to get started.
- Create an account with your email and the access code: **Roseburg**



### Services for Employees & Families

#### Confidential Counseling

Up to 6 face-to-face, video or telephonic counseling sessions for relationship and family issues, stress, anxiety, and other common challenges.

#### 24-hour Crisis Help

Toll-free access for you or a family member experiencing a crisis.

#### Online Peer Support Groups

Online support groups for addiction recovery, anxiety, depression, frontline workers, grief and loss, parenting, and more.

#### Tess, AI Chat-bot

24/7 chatbot for emotional support and check-ins to boost wellness.

Your EAP provides a wide range of work-life services to help you manage a variety of challenges

### **Financial Help**

30-days of access with a personal money coach who will work with the member toward financial wellness by identifying financial goals, assessing current financial situation, and providing a suggested detailed action plan.

### **Legal Services**

One 30-minute legal consultation per each separate legal matter at no cost, 25% reduction from the normal hourly rate if member retains attorney or mediator.

### **Online Legal Forms**

Create, save, print, and revise online legal forms including wills, contracts, leases, and many more.

### **Child & Parenting Services**

Get information and support on parenting, school issues, adoption, daycare, and other important issues for parents.

### **Adult & Eldercare Services**

Get assistance in finding quality information and services including transportation, meals, activities, daytime care, housing, and more.

### **Webinars & Trainings**

Industry experts will present monthly work-life webinars on a variety of topics.

## EAP Services & Support for Supervisors

**Managing people can be challenging. All supervisors have fast access to phone consultations and trainings about the EAP and management topics:**

- Critical incidents
- Drug-free workplace
- Making employee referrals
- Organizational development
- Education and training
- Conflicts in the workplace

## **We Are Here to Help**

**Phone: 800-395-1616**

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

**Access Code: Roseburg**