

Counseling

When life feels overwhelming, getting support shouldn't be complicated.

Your Employee Assistance Program (EAP) from Uprise Health offers counseling support, connecting you and your household family members with confidential, short-term counseling for everyday mental health and life challenges, all at **no cost** to you.

Counseling is designed for real-life moments, offering a supportive space to talk things through, gain perspective, and build practical tools you can use right away.

When is Counseling Helpful?

Counseling can help when something feels heavy, stressful, or hard to navigate alone—even if it doesn't feel like a crisis. Short-term counseling is especially helpful for:

- Stress, anxiety, or feeling overwhelmed
- Burnout or emotional fatigue
- Work or relationship challenges
- Grief, loss, or major life transitions
- Family, parenting, or caregiving concerns

How to Get Started

To schedule an appointment and begin counseling, call Uprise Health and speak with a Member Care Navigator.

Call **800.395.1616**

Short-term counseling is solution focused. Rather than ongoing, open-ended care, counseling helps you:

- Understand what is contributing to the challenge
- Build coping strategies you can apply right away
- Develop confidence in handling similar situations in the future

For many people, just a few focused counseling sessions can make a meaningful difference.

When you call, a trained Member Care Navigator will:

- Listen to what you are experiencing
- Help determine whether counseling is the right next step
- Coordinate next steps, including arranging a counseling appointment when appropriate

Your Member Care Navigator handles coordination so you don't have to manage it on your own.



Support You Can Trust

- Confidential and judgment-free
- Available to eligible members and household family members
- Counseling sessions provided at **no cost** to you

You don't need to have the right words, just the strength to start the conversation.

Visit members.uprisehealth.com to explore all available services.