



## Online Peer Support Groups

### Employee Assistance Program (EAP)

Get support when and where you need it. Join an Online Peer Support Group to learn about new ways to deal with challenges in a safe and caring environment.

When you're not feeling well, sometimes the last thing you want to do is travel somewhere to get help. Online support comes to you, when you need it, wherever you are.

Join an online support group with others who have similar issues and can offer you ideas, support, and encouragement. Support groups from Uprise Health are easy to access by computer, tablet, or smartphone. They are an Uprise Health enhancement provided by your employer.

### Attend free, confidential online sessions in a group that suits your needs

- Addiction Recovery
- Anxiety
- Depression
- Frontline Workers
- Grief and Loss
- Parenting

### Register for an Online Support Group

Simply call Uprise Health to get started. Our Uprise Health care team will quickly register you online. Each group is led by a specially trained Peer Specialist or Recovery Coach who helps everyone get the support they need.



For more information about your EAP and work-life program, you can also go to [members.uprisehealth.com](https://members.uprisehealth.com).

We Are Here to Help.

Call: 1-800-395-1616  
[members.uprisehealth.com](https://members.uprisehealth.com)