

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

We understand that life can be challenging, and we're here to help you navigate through it. Our support is available 24/7, so you can get the help you need whenever you need it.

We offer a variety of support options to help you manage your health and well-being.

Online Peer Support Groups
Upto 10 members can join a group to share experiences and support each other. Our groups are moderated by healthcare professionals to ensure a safe and supportive environment.

24-hour Crisis Help
If you're in a crisis, we can help you get the support you need. Our crisis line is available 24/7, and we can connect you with a crisis counselor or a mental health professional.

Tess, AI Chat-bot
Tess is our AI chatbot, available 24/7 to help you with common health questions and provide emotional support.

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Financial Help

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Legal Services

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Online Legal Forms

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Adult & Eldercare Services

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Webinars & Trainings

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Managing people can be challenging. All supervisors
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about the EAP and management topics:

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We Are Here to Help

Phone:

Website: uprisehealth.com/members

Access Code:

Password: