

WE CARE ABOUT YOUR MENTAL HEALTH



HCSG offers an array of **FREE** health and mental fitness services to help promote well-being and enhance the quality of life for employees and their families.

FREE PROGRAMS FOR YOU AND YOUR FAMILY MEMBERS



Short-Term Counseling

Employees and household dependents can receive up to 3 in-person or virtual counseling sessions per issue.

Counseling sessions are 60 minutes via phone, video, or in-person with a masters-level or Ph.D. clinician. Sessions are focused on higher-level mental health needs such as anxiety, grief, or stress.

The care team will conduct a brief telephone assessment and provide a list of providers based on your needs and preferences. They can assist with scheduling the appointment, or you can schedule it yourself.



Online Peer Support Groups

Employees can join online support groups with others with similar issues to share ideas, support, and encouragement. All employees and dependents are eligible for 10 peer support group sessions annually.

Offering a wide variety of groups, which are confidential and led by certified peer specialists or recovery coaches: Addiction Recovery, Anxiety, Depression. Front Line Employees/First Responders, Grief and Loss, and Parenting.



Work-Life Matters (EAP)

Unlimited 24/7 access to specialists in areas of family and caregiving, health and wellness, emotional wellbeing, daily living and balancing work and life responsibilities.



Other Support Services

Unlimited telephonic support for financial problems or planning needs and legal services, access to online legal documents, newsletters, resource flyers, webinars, training, prescription discounts, and more!

go.hcsg.com/EAP



Connect with a Counselor to access **FREE** Support Services



eapcounselor@uprisehealth.com



1-800-386-7055
Available 24/7



Scan the QR Code or go to
go.hcsg.com/EAP

Access Code: worklife



If you are enrolled in the PHMP you also have access to their mental health line.

For more information call Key Benefit Solutions at 1-877-396-3048

NATIONAL SUICIDE PREVENTION LIFELINE: 988 OR 1-800-273-TALK