



## Frontline Workers Online Peer Support Group

Employee Assistance Program (EAP)

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

Are you struggling with the challenges of being a frontline worker? Do you have questions about how to cope after experiencing a stressful event while working on the frontlines such as abusive behaviors from a patient or customer?

Your EAP includes a free, helpful service to offer you. Join an online support group with other frontline workers who have similar issues and can offer you ideas, support, and guidance. Support groups from Uprise Health are easy to access by computer, tablet, or smartphone.

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.

### Register for an Online Peer Support Group for Frontline Workers

- Our Uprise Health care team will quickly register you online so you can get started.
- Each group is led by a specially trained Peer Specialist who helps everyone get the support they need.

We are here to help.  
Simply call to get started.  
**1-800-395-1616**  
[members.uprisehealth.com](https://members.uprisehealth.com)