

# Employee Assistance Program

We all need a little support every now and then.

Guardian's Employee Assistance Program gives you and your family members access to confidential personal support, across everything from stress management and nutrition to handling legal or financial issues.

The services available include consultations with experienced professionals, as well as access to resources and discounts designed to help you in a variety of different ways.

## How it can help



Consultative services are available to provide direct support and assistance



Work/life assistance that can help you save money and balance commitments



Access legal and financial assistance and resources – including WillPrep Services

**This service is only available if you purchase qualifying lines of coverage. See your plan administrator for more details.**

Legal/financial assistance and resources services are not available in the state of New York.

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## How to access



**Visit**

[worklife.uprisehealth.com](https://worklife.uprisehealth.com)



**Access Code**

**worklife**



**Call**

**1 800 386 7055**

24 hour crisis help available.  
Regular office hours:  
Monday-Friday 6am-5pm PST.