Email to Employees from HR/Leadership

**Subject:** Celebrate Pride, Health, & Happiness with Uprise Health!

Hi [Employee Name],

We hope you stepped into the new year on the right foot and enjoy all the New Year, New You, New Us materials from our Employee Assistance Program (EAP) Plus partner, Uprise Health. This quarter, we’re focusing on mental health and pride.

Mental health is more than the absence of a mental illness – it's essential to your overall health and quality of life. It includes our emotional, psychological, and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

We all deserve the right to live genuinely, completely, and honestly. For the LGBTQAI+ community, we know people come out at all ages and stages of life and it’s a significant part of living in their identity publicly. We with Uprise Health are here to support and provide you with resources in how to navigate a coming out and how you can support the LGBTQAI+ community.

Uprise Health EAP Plus is here to connect you and your family with supportive health and wellbeing tools to help you become the best version of yourselves, including:

* Comprehensive educational resources
* CBT-based courses in the digital platform
* Online legal forms
* Online per support groups
* Confidential therapy
* 24-hour crisis help
* Financial help and legal services
* Dependent care services

To learn more about Uprise Health EAP Plus and discover a comprehensive list of services support you and your family’s wellbeing, visit our Uprise Health [Member Resources Center](https://link.uprisehealth.com/b264pb).

**Materials specifically for Mental Health and Pride:**

* Download the Uprise Health EAP Plus [Digital Platform](https://link.uprisehealth.com/yhns3kfh) and access self-guided Cognitive Behavioral Therapy (CBT) and skill-building courses, schedule time with a certified coach, and complete your Wellbeing Check to access your wellbeing and stress score instantly.
* [Learn five ways](https://link.uprisehealth.com/yckj6anj) to practice proactive health care to boost your physical and mental health.
* [Get ways](https://link.uprisehealth.com/2p8mxtwk) to celebrate transgender day visibility to raise awareness and share solidarity.
* [April’s Newsletter](https://link.uprisehealth.com/bd36s5h8) theme is on Attention Deficit Hyperactivity Disorder (ADHD)
  + Digital course highlight: [Goal Setting](https://link.uprisehealth.com/2p8hfsnm)
* May’s Skill-Building Webinar on May 18th will cover [Taking Care of Your Mental Health Day-to-Day](https://link.uprisehealth.com/yckznkfx).
  + Mark your calendar for the next skill-building webinar on July 20th. It’ll cover Effective Parenting Strategies Through Times of Change.
* Learn more about EAP Plus by watching the [EAP Plus Orientation Video](https://link.uprisehealth.com/yff2ary5) and visit the [Member Resources Center](https://link.uprisehealth.com/2wtxybzu).

Remember, there is no cost associated to you or your dependents to access all services provided by EAP Plus. And more importantly, it’s all confidential—no one needs to know but you. It’s never too early or late for a fresh start, so start today!