



AUBURN UNIVERSITY MENTAL HEALTH RESOURCES

UNIVERSITY SENATE MEETING
APRIL 16, 2024

ANN SHORE
EXECUTIVE DIRECTOR, PAYROLL &
EMPLOYEE BENEFITS



AUBURN



EMPLOYEE ASSISTANCE PROGRAM (EAP)

EAP benefits are available to all full-time employees and their families at **no cost**:

- Six free visits per year per eligible family member are available
- Services are confidential.
- The care team offers support and practical solutions to real-life difficulties such as relationship and family issues, stress, anxiety, and other common challenges.
- Call 1-800-925-5327 or visit the Uprise website at members.uprisehealth.com (access code: AUBURN) for more information.





WORK-LIFE SERVICES

Work-life services are available to employees and families. In addition to six confidential counseling sessions per employee/family member, the EAP provides:

- 24-hour crisis help (1-800-386-7055)
- Online peer support groups on topics such as addiction recovery, anxiety and depression, grief and loss, parenting, and more
- Tess - An AI chat box that is available 24/7 and offers emotional support and check-ins to boost wellness
- Resources on financial help/literacy, online legal forms, child and parenting information, adult and eldercare services
- Webinars, trainings, and a resource library

Each day, life presents us with challenges at work and at home. You do not have to face these challenges alone; Uprise's EAP program can help.



DIGITAL RESOURCES - WELLBEING APP NEW BENEFIT!!

- Via mobile app
- Download the iPhone or Android app.
 - Create an account using the access code: AUBURN.
 - 24/7
 - Confidential
 - Wellbeing assessments
 - Relevant courses and webinars



DIGITAL PROGRAM- NEW BENEFIT!

- Via desktop
- Visit the Uprise webpage: app.uprisehealth.com.
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NEW! COACHING SESSIONS

- Six sessions per employee/family member
- In addition to the six EAP sessions per covered member
- Focuses on personal growth, coping skills, and stress management
- 30 minute session - **Free** and confidential
- You can choose your own coach based on your needs and preferences.
 - Phone, video or chat

COVERED THROUGH AU HEALTH PLANS

- Therapy sessions for mental health/substance abuse diagnoses
- \$30 co-pay applies to PPO plan/ negotiated fee applies to HDHP
- No limit on number of sessions due to Mental Health Parity Act

APPOINTMENTS

- Call 1-800-925-5327
- List of counselors provided by Uprise
- The member can schedule their own appointment, or the Uprise Health care team can assist with scheduling.

COVERED PROVIDERS

- Licensed clinical therapists
- Neuropsychologists
- Psychiatrists
- Psychiatric nurse practitioners
- Psychologists



HUMAN RESOURCES PAYROLL & EMPLOYEE BENEFITS

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