



Coaching vs Therapy

Coaching

Learn skills to cope, feel better and manage stress

30 minutes

Phone

Wellbeing Need

Time Taken

Type of Support

Therapy

Work through an issue or treatment

50 minutes

Phone, video, a face to face

HOW TO BOOK COACHING

1. Download the Uprise Health app or visit app.uprisehealth.com
2. Register your unique company code
3. Check your wellbeing score

HOW TO BOOK THERAPY

Request therapy by phone.
1-800-834-3773 - Provide basic information and needs and preferences.

- * If a member calls in crisis, they will be connected with a clinician for immediate help.
- * Members can also schedule their own appointment or the Uprise Health care team will assist with scheduling.

The Benefits of Coaching and Therapy

Personal: The coach or therapist tailors the skills and program to your own situation and experience. You can speak to the same or a new coach every time.

Knowledgeable: All coaches and therapists have years of experiences and all the tools you learn are backed by research.

Convenient: There are many coaches and therapists to choose from, with availability inside and out side working hours. You can speak to a coach via phone, video, or chat.

Confidential: Coaching is arranged using a discrete online booking system. Your details will always remain confidential.