



## Coaching vs Therapy

### Coaching

Learn skills to cope, feel better and manage stress

30 minutes

Phone

### Therapy

Work through an issue or treatment

50 minutes

Phone, video, a face to face

Wellbeing Need

Time Taken

Type of Support

### HOW TO BOOK COACHING

1. Download the Uprise Health app or visit [app.uprisehealth.com](https://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.