

EMPLOYEE ASSISTANCE PROGRAM

At Anchor & Uplift, we believe caring for your employees' mental health is caring for your business. Our EAP offers simple, confidential access to high-quality support that helps teams feel grounded and uplifted.

WE PROVIDE A CUSTOMIZED EXPERIENCE



CONFIDENTIAL

Confidential counseling and coaching for adults 18+.



TELEHEALTH ACCESS

We are licensed in multiple states to provide licensed services and coaching. Telehealth offers flexible scheduling.



SUPPORT

We provide support for HR/managers, brief consults, and webinars, workshops, and trainings.

HOW IT WORKS

We work with you to provide a customized experience to meet you and your company's needs.



SCHEDULE WITH US

Call today to schedule a consultation to see how we can meet your needs.



GET ACCESS AND CARE

Once you find the package that is right for you, we will work to schedule care that is delivered with compassion.



Phone.

740-336-9046



Email.

anchoranduplift@gmail.com



Address.

Most states within the USA



EAP Program

Is it right for you?



✧ Starter Package (Basic Care)

- Covers staff only
- 2–3 sessions per covered individual per year
- Choice of coaching or counseling
- Confidential online scheduling
- Monthly usage summary (no personal details)
- Affordable entry-level plan (no monthly fees)
- ✧ • Discounted session rate: \$100

Ideal for small businesses or organizations that want to begin offering support.



Growth Package (Expanded Care)

- Covers staff + leadership teams
- 4–6 sessions per covered individual per year
- Mix of counseling & coaching options
- Educational 2-hour workshop or webinar (1 per year)
- Priority scheduling within 3 business days
- Quarterly wellness check-in for leadership
- ✧ • Discounted session rate: \$100
- Affordable expanded plan (\$100 monthly).

Best for growing churches or businesses focused on retention & wellbeing.



Premium Package (Comprehensive Care)

- Covers entire church membership OR entire workforce
- Unlimited sessions (within fair use) for covered individuals
- Both licensed counseling + coaching fully available
- Quarterly 2-hour workshops/trainings included
- Crisis support line for urgent needs
- Annual wellness & outcomes report
- ✧ • Discounted session rate: \$100
- Affordable premium packaged plan (\$200 monthly).

Designed for large businesses or organizations committed to long-term, holistic care.

The flexibility here is key: employers/churches can cover 100%, or split with employees/members (e.g., 50/50 at \$50 each per session).

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