



Support your journey to emotional fitness

-  Improve resilience
-  Boost productivity
-  Face life's challenges
-  Find some calm



Mindstream™ is part of the
SupportLinc program and can be
accessed at supportlinc.com
group code: taboola

Welcome to Mindstream™

Discover expert wellness and mental health content on a secure, easy-to-use platform. Participate in sessions and streams to strengthen your emotional health, life skills and more.

Search sessions and streams



Hi, Shannon!

30 days
Active

35
Completed
sessions

10 day
Streak

10
Completed
streams



Anxiety Ease

Mike



Practice gentle breathing techniques to calm nerves, which reduces anxiety and fosters a calmer work environment.