

# Emotional wellbeing and work-life balance resources to keep you at your best

SupportLinc offers expert guidance to help you and your family address and resolve everyday issues



## In-the-moment support



Reach a licensed clinician by phone 24/7/365 when you call for assistance.

## Short-term counseling



Access no-cost in-person or virtual (video) counseling sessions to resolve emotional concerns such as stress, anxiety, depression, burnout or substance use.

## Coaching



Get assistance from a Coach to boost your emotional fitness, learn healthy habits, establish new routines, build your resilience and more.

## Work-life benefits



Receive expert consultations for financial and legal issues. Work-life specialists also provide convenience referrals for everyday needs such as child or elder care, pet care, home improvement or auto repair.

## Confidentiality



Strict confidentiality standards ensure no one will know you have accessed the program without your written permission except as required by law.

## Your web portal and mobile app

- Create a personal profile to quickly access support from a licensed clinician
- Complete the short Mental Health Navigator assessment and instantly receive personalized guidance to access care and support
- Receive recommendations and care options based on your unique needs
- Exchange text messages with a Coach
- Attend anonymous group support sessions on a variety of topics
- Strengthen your mental health and wellbeing at your own pace with self-guided digital therapy
- Discover flash courses, self-assessments, financial calculators, career resources, articles, tip sheets and videos



## Explore Mindstream™

A fitness studio for your mind with on-demand sessions to help you strengthen your life skills and emotional health. Engage with sessions anytime and anywhere.



Download  
the mobile  
app today!



1-888-881-5462



[supportlinc.com](http://supportlinc.com)  
group code: **taboola**