



# Web portal and mobile app

Support at your fingertips



Get help navigating life's challenges from the convenience of your computer, phone or tablet. Simply log into your existing account or create a new personal profile to access all the features, valuable information and resources your program offers.

## Emotional wellbeing resources available 24/7/365

- Easily access counseling services and explore thousands of articles, videos and tip sheets to improve your overall wellbeing
- Take an emotional fitness assessment, try text therapy or explore self-guided resources at your own pace
- Discover flash courses, financial calculators, career and work-life balance resources

## Get started!

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



Download the mobile app today!

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EMPLOYEE ASSISTANCE