Life Happens
At some point in our lives, each of us faces a problem or situation that is difficult to resolve. Your employer understands how work and personal challenges can affect your health and well-being.

The SupportLinc program is available to provide support, resources and information to you and your family on a confidential basis. This brochure explains how you can get the help you need when you need it.

What is SupportLinc?
SupportLinc is a no-cost confidential Employee Assistance Program (EAP) that is available to you and your family 24 hours a day, 365 days a year. This service is staffed by licensed counselors who can provide guidance and referrals to local resources.

SupportLinc also offers expert consultation for supervisors and managers who are dealing with challenging employee situations.

For immediate access to the SupportLinc program, use the information on the tear-off wallet card below.

Confidential Consultation
These services are provided confidentially and at no cost to you. SupportLinc offers assessments, short-term counseling and professional referrals for life’s everyday problems.

The SupportLinc program is designed to help you manage life’s daily challenges. We can refer you to professional counselors and services that can help you and your eligible family members resolve a broad range of concerns, such as:

- Marriage and Relationship Issues
- Stress and Anxiety
- Depression
- Substance Abuse
- Anger Management
- Family Problems
- Grief and Loss
- Legal and Financial Services
- Dependent Care

eConnect® Mobile App
Available on most smart phones, the SupportLinc eConnect® mobile app provides secure access to counselors, as well as a library of helpful resources on a number of well-being and productivity-related topics.
SupportLinc: Web-Based Services

SupportLinc website, located at www.supportlinc.com, is your single source for expert information and valuable resources on a variety of subjects, such as relationships, professional development, parenting and personal well-being. With legal documents, calculators, mindfulness tools, health assessments and on-demand educational modules, the SupportLinc website will be your best at-home and at-work companion.

SupportLinc: Confidential Advice

A confidential companion to your everyday life challenges. SupportLinc can provide confidential advice on a range of issues including:

- Relationships
- Employment
- Health and Well-being
- Child Care
- Financial Planning
- Legal Matters
- Mindfulness
- Nutrition
- Parenting
- Personal Development
- Physical Health
- Spirituality
- Stress Management
- Work-Life Balance
- Substance Abuse
- Wellness

SupportLinc: Confidential Sources

SupportLinc provides confidential sources to help you find the best advice and resources, including:

- Legal Advice
- Medical Advice
- Professional Development Resources
- Parenting Resources
- Personal Development Resources
- Work-Life Balance Resources
- Substance Abuse Resources
- Wellness Resources

SupportLinc: Confidential Solutions

SupportLinc can help you find confidential solutions to your everyday life challenges, including:

- Family and Relationship Issues
- Employment Issues
- Health and Well-being Issues
- Child Care Issues
- Financial Planning Issues
- Legal Matters Issues
- Mindfulness Practice
- Nutrition Counseling
- Parenting Issues
- Personal Development Solutions
- Work-Life Balance Solutions
- Substance Abuse Solutions
- Wellness Solutions

SupportLinc: Confidential Options

SupportLinc can provide confidential options to help you make informed decisions, including:

- Family and Relationship Options
- Employment Options
- Health and Well-being Options
- Child Care Options
- Financial Planning Options
- Legal Matters Options
- Mindfulness Practice Options
- Nutrition Counseling Options
- Parenting Options
- Personal Development Options
- Work-Life Balance Options
- Substance Abuse Options
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SupportLinc: Confidential Choices

SupportLinc can help you make informed choices, including:

- Family and Relationship Choices
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- Work-Life Balance Choices
- Substance Abuse Choices
- Wellness Choices

SupportLinc: Confidential Reflections

SupportLinc can provide confidential reflections to help you better understand your everyday life challenges, including:

- Family and Relationship Reflections
- Employment Reflections
- Health and Well-being Reflections
- Child Care Reflections
- Financial Planning Reflections
- Legal Matters Reflections
- Mindfulness Practice Reflections
- Nutrition Counseling Reflections
- Parenting Reflections
- Personal Development Reflections
- Work-Life Balance Reflections
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SupportLinc: Confidential Resources

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