Coming
October 1, 2022

Emotional wellbeing and work-life balance resources for you and your family

SupportLinc offers expert guidance to help address and resolve everyday issues

In-the-moment support
Reach a licensed clinician by phone 24/7/365 for immediate assistance.

Financial expertise
Planning and consultation with a licensed financial counselor.

Legal consultation
By phone or in-person with a local attorney.

Short-term counseling
Access in-person or video counseling sessions to resolve concerns such as stress, anxiety, depression, relationship issues, work-related pressures, or substance abuse.

Convenience resources
Referrals for child and elder care, home repair, housing needs, education, pet care and so much more.

Confidentiality
SupportLinc ensures no one will know you have accessed the program without your written permission except as required by law.

Your web portal and mobile app
- The one-stop shop for program services, information and more.
- Discover on-demand training to boost wellbeing and life balance.
- Find search engines, financial calculators and career resources.
- Explore thousands of articles, tip sheets, self-assessments and videos.

Convenient, on-the-go support
- Textcoach®
  Personalized coaching with a licensed counselor on mobile or desktop
- Animo
  Self-guided resources to improve focus, wellbeing and emotional fitness
- Virtual Support Connect
  Moderated group therapy sessions on an anonymous, chat-based platform

Support for everyday issues. Every day.