# Coming January 1, 2023

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

## 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

