



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 wellbeing.

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 benefit is staffed by licensed counselors who can provide support, guidance and referrals to local resources.

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

CONFIDENTIALITY

SupportLinc upholds strict confidentiality standards. Nobody will know you have accessed the program unless you specifically grant permission or express a concern that presents us with a legal obligation to release information.

SUPPORTLINC

EMPLOYEE ASSISTANCE PROGRAM (EAP)

1-888-881-LINC (5462)

WWW.SUPPORTLINC.COM

Confidential Assistance
24 Hours a Day, 365 Days a Year

Username: (your company name, with no spaces)

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Stress & Anxiety | Substance Abuse | Relationships | Work-Life Balance

TECHNOLOGY

SUPPORTLINC WEB PORTAL WWW.SUPPORTLINC.COM

- Explore valuable content with ease in searchable libraries.
- Watch webinars on wellbeing topics delivered by content experts.
- Assess your emotional health and wellbeing.
- Review legal documents and financial calculators.

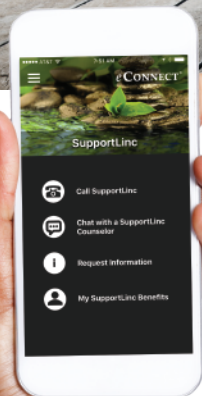


eCONNECT® DISTANCE COUNSELING PLATFORM

- Access care on your terms.
- Schedule video, live chat or telephonic counseling.

eCONNECT® MOBILE APP

- Connect with a licensed clinician via phone or live chat.
- Schedule an appointment or callback.
- Tap into a resource library.
- Access video counseling via Counselor Connect.



Get backup for everyday issues, wherever life takes you. SupportLinc provides 24/7 access to confidential resources from your computer, tablet or phone.

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FAMILY AND RELATIONSHIPS

SupportLinc helps you build and maintain healthy relationships.

Communication Skills • Conflict Resolution
Balancing Work and Family • Restoring Intimacy • Divorce or Separation

STRESS

Everyday issues add up. When SupportLinc is part of the equation, life is easier to manage.

Depression • Anxiety • Grief and Loss
Managing Change • Work-Related Pressures

WORK-LIFE BALANCE

Balancing multiple demands just got easier with SupportLinc.

Expert Referrals to Child Care and Elder Care Services • Legal and Financial Consultation
Identity Theft Recovery Assistance • Referrals for Pet Care, Home Repair, Travel and More

SUBSTANCE ABUSE

Get confidential and professional assistance when you need it most.

Comprehensive Assessment • Identify Treatment Options • Navigate Benefits
Facilitate Return to Work • Support for Continued Sobriety

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Life can be a juggling act. It takes time and energy to balance your work, family and personal challenges. To support your overall wellbeing, SupportLinc offers confidential and professional guidance, support and resources, including short-term counseling, work-life benefits and technology-based tools.

SUPPORT LINC
EMPLOYEE ASSISTANCE PROGRAMS

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Confidential Assistance
24 Hours a Day, 365 Days a Year

WWW.SUPPORTLINC.COM

Username: (your company name, with no spaces)

PROGRAMA DE AYUDO DE EMPLEADO

Su empleador está consciente que los desafíos personales y del trabajo pueden afectar su salud. En algún momento de nuestras vidas, cada uno de nosotros enfrentaremos un problema o una situación que es difícil de resolver. Cuando se presentan estas situaciones, SupportLinc estará presente para ayudar. SupportLinc es un recurso patrocinado por la compañía para ofrecer recursos a usted, sus hijos, y pareja de forma confidencial. Usted puede llamar SupportLinc por motivos de problemas familiares, uso de droga o alcohol, estrés y depresión.

Después de llamar al **1-888-881-LINC (5462)**, SupportLinc le pondrá en contacto con un consejero licenciado seleccionado cuidadosamente basado en su experiencia profesional, reputación, acreditación, y conocimiento. SupportLinc cuenta con una red nacional de consejeros lo cual le facilita ver un consejero donde sea conveniente para usted.

Este folleto le explica a usted, a sus hijos, o su pareja como pueden usar este programa. Además, el folleto contiene una tarjeta que usted puede arrancar y cargar en su cartera con el número de teléfono y la página web del programa.

¿CÓMO PUEDE SUPPORTLINC AYUDAR?

Tensión y Ansiedad • Alcoholismo y Abuso de Drogas • Problemas Familiares • Pérdidas Humanas



SUPPORTLINC

PROGRAMA DE AYUDA DE EMPLEADO

1-888-881-LINC (5462)

Asistencia Confidencial
24 Horas del Día, los 365 Días del Año

WWW.SUPPORTLINC.COM

Nombre de Usuario: (nombre de la compañía)

APOYO PARA LAS CIRCUNSTANCIAS COTIDIANAS. CADA DÍA.

Emocional | Relaciones | Vida/Trabajo | Farmacodependencia