

# 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 up to 5 in-person or video counseling sessions to resolve concerns such as stress, anxiety, depression, relationship issues, work-related pressures, or substance abuse.



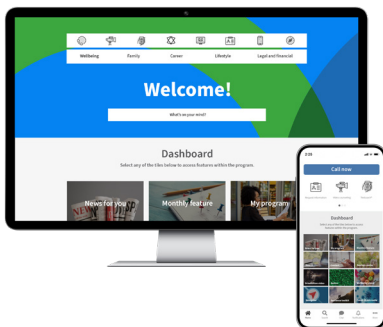
### Convenience resources

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.