

# SUPPORTLINC

## EMPLOYEE ASSISTANCE PROGRAM FOR INDIANA UNIVERSITY

### SUPPORTLINC IS THE EMPLOYEE ASSISTANCE PROGRAM (EAP) FOR YOU AND YOUR IMMEDIATE FAMILY MEMBERS

At some point in our lives, each of us faces a problem or situation that is difficult to resolve. When these instances arise, SupportLinc will be there to help. The SupportLinc Employee Assistance Program (EAP) is a confidential resource that helps you deal with life's challenges and the demands that come with balancing home and work. SupportLinc provides unlimited confidential telephonic counseling, and up to six (6) face-to-face counseling sessions per issue, per year at no cost (sessions are held in-person or over secure video).

Reasons to contact SupportLinc include (but are not limited to) the following:

**ANXIETY • DEPRESSION • MARRIAGE AND RELATIONSHIP PROBLEMS • GRIEF AND LOSS  
SUBSTANCE ABUSE • ANGER MANAGEMENT • WORK-RELATED PRESSURES • STRESS**

#### EXPERT REFERRALS AND CONSULTATION

Whether you are a new parent, a caregiver, selling your home, or looking for legal advice, you're likely to need guidance and referrals to expert resources.

- **LEGAL ASSIST** Free telephonic or face-to-face legal consultation
- **FINANCIAL ASSIST** Expert Financial Planning and Consultation
- **FAMILY ASSIST** Consultation and referrals for everyday issues such as dependent care, auto repair, pet care, home improvement, and more

#### CONFIDENTIALITY

SupportLinc upholds strict confidentiality standards. Nobody, including your employer, 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.

#### TECHNOLOGY AND YOUR EAP

##### WEB PORTAL

- Practical tools and resources to practice resiliency, mindfulness, and other skills
- Search engines for dependent care, education, legal, financial, and convenience services
- Discounted gym memberships
- Secure video counseling through the eConnect Portal
- On-demand education

##### ECONNECT® MOBILE APP

- On-the-go access
- Call or live chat with a licensed counselor
- Schedule video or in-person counseling

SUPPORT  LINC

EMPLOYEE ASSISTANCE PROGRAMS

**PHONE**

**1-888-881-LINC (5462)**

**WEB**

**WWW.SUPPORTLINC.COM**

Case sensitive username: iu



**MOBILE**

