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

SupportLinc offers expert guidance to help you and your family address and resolve everyday issues

**In-the-moment support**
Reach a licensed clinician by phone 24/7/365 when you call for assistance.

**Short-term counseling**
Access up to six (6) no-cost in-person or virtual (video) counseling sessions to resolve emotional concerns such as stress, anxiety, depression, burnout or substance use.

**Coaching**
Get assistance from a Coach to boost your emotional fitness, learn healthy habits, establish new routines, build your resilience and more.

**Work-life benefits**
Receive expert consultations for financial and legal issues. Work-life specialists also provide convenience referrals for everyday needs such as child or elder care, pet care, home improvement or auto repair.

**Confidentiality**
Strict confidentiality standards ensure no one will know you have accessed the program without your written permission except as required by law.

**Your web portal and mobile app**
- Create a personal profile to quickly access support from a licensed clinician
- Receive recommendations and care options based on your unique needs
- Exchange text messages with a Coach
- Attend anonymous group support sessions on a variety of topics
- Strengthen your mental health and wellbeing at your own pace with self-guided digital therapy
- Discover flash courses, self-assessments, financial calculators, career resources, articles, tip sheets and videos

**Start with Mental Health Navigator**
Take the guesswork out of your emotional fitness! Visit your web portal or mobile app to complete the short Mental Health Navigator assessment. You’ll instantly receive personalized guidance to access care and support.

Download the mobile app today! 1-888-881-LINC (5462) supportlinc.com group code: IU