



After logging in to the SupportLinc web portal at [SupportLinc.com](https://supportlinc.com) you can choose one of these buttons to quickly access care, or scroll down to see recommendations based on your unique needs or access additional resources and programs.

Contact SupportLinc - Choose this button to speak to someone immediately.

Check my Emotional Fitness - Choose this button to access Mental Health Navigator, a short survey that measures your overall wellbeing and provides personalized recommendations based on the results.

Access Care - Choose this button to access care through SupportLinc by phone, text, or email, or use the schedule care tool to make an appointment with a counselor or coach.

Service	Description	How to Access	Availability
Telephone Support	Speak to a licensed mental health clinician about personal or work-related concerns.	Phone: Call 888-881-LINC (5462)	Unlimited 24/7/365 access
Short-Term Counseling	Up to six (6) face-to-face counseling sessions per issue, per year, with a licensed mental health clinician (in person or virtually).	<ul style="list-style-type: none"> Phone: Call 888-881-LINC (5462) to schedule Website: Schedule video calls by selecting <i>Access care</i> from the dashboard then <i>Schedule care</i>. 	Session availability varies by provider.
Web Portal	Library of articles, audio and video lessons, self-assessment tools, tip sheets, training modules, and toolkits.	Website: Register using group code iu at SupportLinc.com	Unlimited 24/7/365 access
Textcoach™	Exchange text messages, voice notes, tip sheets, videos and resource links with a licensed SupportLinc Coach. Text therapy also available for teens age 13–17. Not suitable for severe or acute conditions.	Website: Select <i>Textcoach</i> from the dashboard. Mobile App: Download the Textcoach™ mobile app	Asynchronous—Coaches log in Monday through Friday and reply to messages
Addiction Care Navigator	Complete an anonymous survey about your use and get immediate results with a personalized report and action plan. You also receive ongoing support from Addiction Care Coaches to address your unique concerns.	Website: Select <i>Addiction Care Navigator</i> from the dashboard.	Unlimited 24/7/365 access
Mental Health Navigator	Complete a short survey to receive a personalized report that measures your overall wellbeing, and recommends the best care options based on your results.	Website: Select <i>Mental Health Navigator</i> from the dashboard.	Unlimited 24/7/365 access
Virtual Support Connect	Moderated group support sessions hosted by experienced counselors and subject matter experts on a wide variety of topics such as grief, caregiver support, addiction, and more.	Website: Select <i>Digital Group Support</i> from the dashboard.	Varies - visit website for a list of session topics and dates
Animo	Self-directed modules based on Cognitive Behavioral Therapy (CBT).	Website: Select <i>Animo</i> from the dashboard.	Unlimited 24/7/365 access
Legal & Financial	Consultation with local attorney or financial expert.	Phone: Call 888-881-LINC (5462)	Free 30 min. consultation
Expert Referrals	Referrals to local service providers including child/elder/pet care, home repair, and more.	Phone: Call 888-881-LINC (5462)	Unlimited 24/7/365 access
Wellbeing Place Blog	Articles, tips and healthy recipes to help you improve your overall wellbeing.	Website: Select <i>Wellbeing Place</i> from the dashboard.	Unlimited 24/7/365 access
Savings Center	LifeMart discount program featuring national and local discounts on products and services.	Website: Select <i>Savings Center</i> from the dashboard.	Unlimited 24/7/365 access

The following additional services are also available at no cost to IU supervisors and managers.

Service	Description	How to Access	Availability
Manager Consultations	Expert guidance and support for IU supervisors to help address a wide variety of concerns including work performance, inappropriate workplace behavior, personal concerns impacting work, difficult conversations, employee conflicts, and more.	Phone: Call 888-881-LINC (5462)	Unlimited 24/7/365 access
Supervisor Connect	This virtual program provides supervisors with essential skills to develop and manage high-performing teams through assessments, tools, and support.	Website: Select <i>Supervisor Connect</i> from the dashboard.	Unlimited 24/7/365 access
Critical Incident Response (CIR)	SupportLinc will arrange for counselors to provide on-site or virtual support in a group session in the event of a major change, loss, or traumatic workplace event.	Contact AskHR at 812-855-6709 or askhr@iu.edu . For less urgent/acute requests, complete the online request form .	A representative will respond to your request within 24 hours.