

# SUPPORTLINC

THE EMPLOYEE ASSISTANCE PROGRAM FOR SASSED

## EMOTIONAL WELLBEING & WORK-LIFE BALANCE RESOURCES FOR YOU AND YOUR FAMILY

Life can sometimes present challenges or situations that are difficult to work out alone. The SupportLinc Employee Assistance Program (EAP) is a confidential resource offering in-the-moment support and expert guidance to help you resolve concerns as well as balance home and work. You can access up to five (5) sessions of face-to-face counseling for a wide variety of concerns, such as:

**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 budgeting advice, you're likely to need guidance and referrals to expert resources.

- **LEGAL CONSULTATION** By phone or in-person with a local attorney
- **FINANCIAL EXPERTISE** Planning and consultation with a licensed financial counselor
- **CONVENIENCE RESOURCES** Referrals for childcare, elder care, home repair, housing needs, education, pet care, adoption and so much more

### CONFIDENTIALITY

SupportLinc upholds strict confidentiality standards. No one, 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.

SUPPORT  LINC

EMPLOYEE ASSISTANCE PROGRAMS



GET STARTED



1-888-881-LINC (5462)



TEXT 'SUPPORT' TO 51230



WWW.SUPPORTLINC.COM

Username: sased

### CHOOSE HOW TO GET ASSISTANCE

#### IN-THE-MOMENT SUPPORT

- Reach a licensed clinician by phone 24/7/365

#### WEB PORTAL

- Explore on-demand training and practical resources to boost wellbeing and life balance
- Use search engines, financial calculators and career resources
- Find discounted gym memberships
- Access the secure video counseling portal
- Content in English and Spanish

#### ECONNECT® MOBILE APP

- Program support and resources at your fingertips
- Call or live chat with a licensed counselor
- Expert, searchable content

#### TEXT THERAPY

- Use Textcoach® to exchange text messages, voicenotes and resources with a licensed counselor
- Available Monday – Friday, on desktop or mobile app, for up to five (5) weeks per issue

#### ANIMO

- Strengthen mental health and overall wellbeing using self-guided content, practical resources and daily inspiration
- Foster meaningful and lasting behavior change, from your desktop or mobile app

#### NAVIGATOR

- Take the guesswork out of your emotional fitness
- Click the Navigator icon on the web portal or mobile app and complete a short survey
- Receive personalized guidance for accessing program support and resources