

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



### In-the-moment support

Reach a licensed clinician by phone 24/7/365



### Short-term counseling

Access in-person or video counseling sessions



### Financial expertise

Consultation and planning with a licensed counselor



### Legal consultation

By phone or in-person with a local attorney



### 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

## Support for everyday issues. Every day.

### Family and relationships

SupportLinc helps you build and maintain connections at work and at home

Communication skills • Healthy relationships  
Balancing work and family • Restoring intimacy  
Divorce or separation

### Work-life balance

Balancing multiple demands just got easier with SupportLinc

Expert referrals to child care and elder care services  
Legal and financial consultation • Identity theft recovery assistance • Referrals for pet care, home repair, travel and more

### Stress

Everyday issues add up. When SupportLinc is part of the equation, life is easier to manage

Depression • Anxiety • Grief and loss • Managing change  
Work-related pressures

### Substance use

Get confidential and professional assistance when you need it most

Comprehensive assessment • Identify treatment options • Navigate benefits • Facilitate return to work  
Support for continued sobriety

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

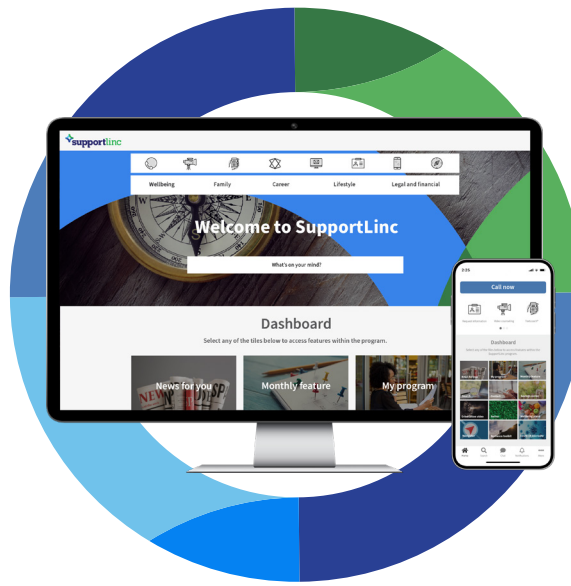


1-888-881-LINC (5462)



supportlinc.com

Start with Navigator and take the guesswork out of your emotional fitness



Access support whenever it's needed, wherever is most convenient for you



Visit your web portal or mobile app and look for the Mental Health Navigator icon. Complete the short survey and you'll immediately receive personalized guidance to access support and resources.

## 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

 [supportlinc.com](https://supportlinc.com)



Download the mobile app today!



**1-888-881-LINC (5462)**  
In-the-moment support 24/7/365



**Email [support@curalinc.com](mailto:support@curalinc.com)**  
Request information or a callback



**Live chat**  
With a licensed clinician



**Video counseling**  
Schedule a virtual session



**Textcoach®**  
Personalized, text-based therapy



**Animo**  
Self-guided resources to improve emotional fitness



**Virtual Support Connect**  
Moderated group support sessions on an anonymous, chat-based platform



**In-person counseling**  
Call for a referral to a local counselor

