Support for everyday issues. Every day.

Whether you need help managing a mental health concern, navigating a personal challenge, or finding resources for family, legal, or financial matters, SupportLinc is just a call or click away. You and your family can access in-the-moment support, counseling, expert consultations, and a variety of online tools so you can focus on what matters most.

Expert guidance for mental health

Care Advocates listen, guide, and connect you with the right resources—anytime you need them.

- **Get 24/7 in-the-moment support** by phone with licensed clinicians
- **Receive confidential help** for mental and emotional health concerns
- **Address challenges affecting your life and wellbeing,** such as relationship or family conflicts, stress, anxiety, depression, substance use, and more
- **Create a personalized plan** tailored to your needs
- **Access short-term counseling and coaching** in person by video, text, or through virtual group sessions
- **Connect with qualified professionals and treatment centers** for long-term support, when needed

Resources for work-life balance

Work-Life Consultants can help you find the right resources to better balance work and life.

- **Find resources to make life's demands easier** to manage and achieve a better work-life balance
- **Locate dependent care options** with referrals for child care and elder care
- **Access referrals for everyday needs,** including home improvement, entertainment services, pet care, auto repair and more
- **Get guidance** on a wide range of legal matters
- **Receive expert financial advice** on budgeting, home buying, college planning and more
- **Navigate identity theft and recovery** with action plans from identity recovery professionals

Wellbeing tools at your fingertips

The SupportLinc website and app give you instant access to care and resources.

- **Self-guided** tools including digital cognitive behavioral therapy, mental health resource kits, and content library with flash courses, toolkits, and wellbeing resources
- **Assessments** to get personalized recommendations and connect with the right support for your needs
- **Real-time support** through chat, text therapy, and virtual support groups
- **Search and scheduling tools** for mental health counseling and coaching with providers that match your preferences
- **Online scheduler** to book time with a Work-Life Consultant
- **Mindstream™,** a fitness studio for your mind with live and on-demand video and audio sessions

* **Even more resources are coming in 2026** to give you new ways to care for your mental health, improve work-life balance, and access support whenever you need it

Caring support for the whole family

SupportLinc is available to you, your spouse/partner and your household members. This includes dependent children under 26, whether they live in the household or not. The program provides up to six counseling or coaching sessions per concern.

1-888-881-LINC (5462)

supportlinc.com
group code: **visualedgeit**