

Support for everyday issues. Every day.

1-888-881-LINC (5462)

www.supportlinc.com

At some point in our lives, each of us faces a problem or situation that is difficult to resolve. When these instances arise, SupportLinc will be there to help. SupportLinc is a confidential resource that helps you deal with life's challenges and the demands that come with balancing home and work. SupportLinc provides professional counseling and referrals for a wide array of personal and work-related concerns.



Family and Relationships

SupportLinc helps individuals and families assess and resolve a variety of issues in order to build and maintain healthy relationships:

- Communication Problems
- Intimacy Issues
- Divorce or Separation
- Conflict Resolution
- Balancing Work and Family



Stress

Individuals face challenges on a daily basis that can affect their personal health and well-being. Call SupportLinc for help with a variety of emotional concerns, such as:

- Depression
- Grief and Loss
- Mood Swings
- Anxiety
- Work-Related Pressures
- Managing Change



Work-Life Balance

SupportLinc helps individuals balance their job and personal life through a variety of resources and referrals for issues related to work, family, caregiving, health and well-being:

- Expert Referrals to Adult and Child Care Resources
- Legal Advice
- Financial Consultation
- Identity Theft Assistance
- Referrals to Relocation, Home Maintenance and Pet Care Services



Substance Abuse

If you or someone in your family is battling alcohol or substance abuse, call SupportLinc. The SupportLinc program can help:

- Assess the Problem
- Address Denial
- Arrange for Appropriate Care
- Support Continued Abstinence

Su Programa de Ayuda de Empleado

Su empleador está consciente de los desafíos personales y de trabajo que pueden afectar su salud. Cada uno de nosotros enfrentamos problemas y en algún momento de nuestra vida se nos hará difícil resolverlos. SupportLinc, su Programa de Asistencia al Trabajador, está aquí para ayudar. SupportLinc, fue contratado por su empleador para proveerle a usted y a sus familiares más cercanos ayuda, recursos y toda la información necesaria en forma confidencial. Usted puede llamar SupportLinc para resolver muchos casos tales como: problemas familiares, uso de droga o alcohol, estrés, depresión y control de violencia.

Después de llamar al **1-888-881-LINC (5462)**, SupportLinc le pondrá en contacto con un consejero acreditado quien ha sido seleccionado cuidadosamente basado en su experiencia profesional, su reputación, su acreditación y su conocimiento. SupportLinc cuenta con una red profesional nacional de consejero lo cual le facilita a usted ver un consejero en el área lo cual lo hace muy conveniente para usted.

Este folleto le explica a usted y a sus familiares más cercanos como pueden usar el Programa de Asistencia al trabajador. Además, el folleto contiene una tarjeta que usted puede arrancar y cargar en su cartera con el número de teléfono y la dirección de Internet del programa.

¿Cómo puede SupportLinc ayudar?

- Tensión y ansiedad
- Alcoholismo y abuso de la droga
- Problemas de la familia
- Pena y pérdida

SupportLinc Web-Based Services

The SupportLinc website, located at www.supportlinc.com, is your single source for expert information and valuable resources on a variety of subjects, such as relationships, professional development, parenting and personal well-being. With legal documents, financial calculators, mindfulness tools, health assessments and on-demand educational modules, the SupportLinc website will help you be your best at home and at work.



www.supportlinc.com

Username: azmt
Password: linc123

eConnect®

The eConnect® telehealth platform, available on the SupportLinc website, provides secure video and web chat access to licensed SupportLinc counselors.



Life Happens

At some point in our lives, each of us faces a problem or situation that is difficult to resolve. Your employer understands how work and personal challenges can affect your health and well-being.

The SupportLinc program is available to provide support, resources and information to you and your family on a confidential basis. This brochure explains how you can get the help you need when you need it.



What is SupportLinc?

SupportLinc is a no-cost confidential Employee Assistance Program (EAP) that is available to you and your family 24 hours a day, 365 days a year. This service is staffed by licensed counselors who can provide guidance and referrals to local resources.

SupportLinc also offers expert consultation for supervisors and managers who are dealing with challenging employee situations.

For immediate access to the SupportLinc program, use the information on the tear-off wallet card below.



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Confidential Assistance | 24 Hours a Day, 365 Days a Year

www.supportlinc.com

Username: azmt
Password: linc123

Stress | Substance Abuse | Relationships | Work-Life Balance

Confidential Consultation

These services are provided confidentially and at no cost to you. SupportLinc offers assessments, short-term counseling and professional referrals for life's everyday problems.

The SupportLinc program is designed to help you manage life's daily challenges. We can refer you to professional counselors and services that can help you and your eligible family members resolve a broad range of concerns, such as:

- **Marriage and Relationship Issues**
- **Stress and Anxiety**
- **Depression**
- **Substance Abuse**
- **Anger Management**
- **Family Problems**
- **Grief and Loss**
- **Legal and Financial Services**
- **Dependent Care**



eConnect® Mobile App



Available on most smart phones, the SupportLinc eConnect® mobile app provides secure access to counselors, as well as a library of helpful resources on a number of well-being and productivity-related topics.

Support for everyday issues. Every day.

Your Employee Assistance Program

