

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



Support for everyday issues. Every day.



Wellbeing

Resources to help keep you at your best

Stress • Anxiety • Depression • Burnout
Grief and loss • Resiliency • Sleep fitness
Mindfulness • Personal growth

Family and relationships

Assistance navigating connections at home and work

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

Career

Expert resources for every stage

Education • Training and development
Productivity • Time management
Career transition • Retirement

Substance use

Professional and confidential support when you need it most

Risk assessment tool • Treatment options
Help navigating benefits • Return to work support



In-the-moment support

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



Short-term counseling

Access no-cost in-person or virtual (video) counseling sessions.



Coaching

Get assistance from a Coach to boost your emotional fitness, learn healthy habits, establish new routines, build your resilience and more.



Work-life benefits

Receive expert consultations for financial and legal issues. Work-life consultants also provide referrals that help address everyday needs such as child or elder care, pet care, home improvement, auto repair, travel, education and housing needs.



Confidentiality

SupportLinc ensures no one will know you have accessed the program without your written permission except as required by law.



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



888-491-6819



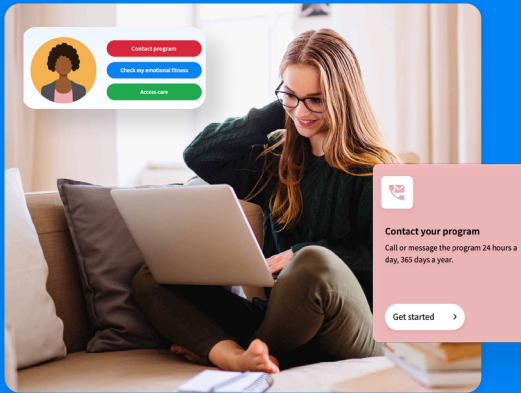
mysupportlinc.com
group code: [helpathome](#)

Provided by



Help at Home®

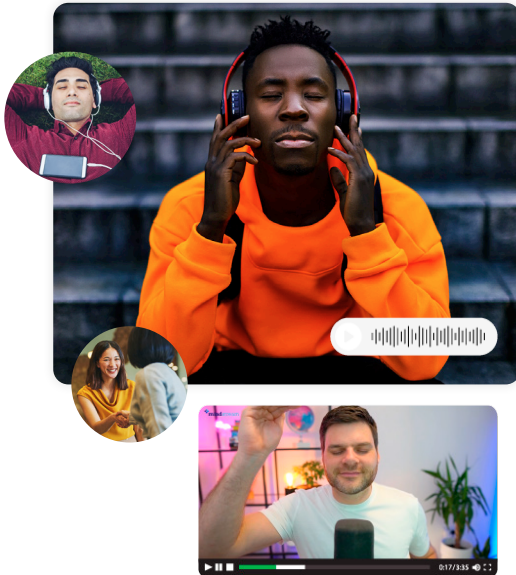
Find guidance to navigate daily demands with confidence.



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



Engage with a session anytime and anywhere. Return daily to track progress and discover new releases.



Your web portal and mobile app

- Explore all that your program offers from the convenience of your computer, phone or tablet
- Create a personal profile to receive recommendations and care options based on your unique needs
- Discover flash courses, self-assessments, financial calculators, career resources, articles, tip sheets and videos



Download the mobile app by scanning this QR code.

mysupportlinc.com



Call

Receive in-the-moment support from a licensed clinician 24/7/365.



Email

Send a question to support@curalinc.com.



Live chat

Chat live with a licensed counselor through the mobile app.



Text

Text support to 51230 for more info about your program.



Real-time scheduling

Schedule care directly with a counselor or Coach.



Text therapy

Exchange text messages with a Coach.



Self-guided digital therapy

Strengthen your mental health and wellbeing at your own pace.



Digital group support

Attend anonymous group support sessions on a variety of topics.



Mental Health Check In

Complete the short survey and receive personalized guidance to access support and resources.