

# SupportLinc

Employee Assistance Program (EAP)



**SupportLinc is the new Employee Assistance Program for The Saltchuk Family of Companies. This benefit is available as of January 1, 2016.**

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. The SupportLinc Employee Assistance Program (EAP) is a company-sponsored resource that helps you deal with life's challenges and the demands that come with balancing home and work. SupportLinc provides confidential, professional counseling for a wide array of personal and work-related concerns.

**SupportLinc provides confidential, professional referrals and face-to-face counseling for a wide array of personal and work-related concerns, such as:**

Stress and Anxiety • Depression • Marriage and Relationship Problems • Grief and Loss • Substance Abuse • Legal Services • Anger Management • Work-Related Pressures • Education Guidance • Child Care Referrals • Financial Planning • Elder and Adult Care Referrals • Family Issues • Identity Theft Recovery

## **Referrals, Consultation and Other Resources**

Whether you are a new parent, a caregiver, selling your home or looking for legal advice, you're likely to need guidance and referrals to expert resources. SupportLinc's work-life specialists are here to help. The program includes the following work-life services:

- **Legal Assist:** Free Telephonic or Face-to-Face Legal Consultation
- **Family Assist:** Consultation and Referral Services for Daily Living Issues, Such as Dependent Care, Auto Repair, Pet Care and Home Improvement
- **Financial Assist:** Expert Financial Planning and Consultation

## **Confidentiality**

SupportLinc upholds strict confidentiality standards. Nobody 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.

## **Technology**

### **eConnect®**

- Scheduled Video, Telephonic and Web Chat Counseling Sessions on the SupportLinc Website
- Mobile App for On-The-Go Program Access

### **Additional Web-Based Services**

- Thousands of Helpful Articles and Tip Sheets for Personal and Work-Related Topics
- Search Engines and Directories for Child Care, Elder Care, Education, Legal, Financial and Convenience Services
- Discounted Fitness Center Memberships
- Skill Builders: 20-Minute eLearning Modules
- Bilingual Content (English and Spanish)

# Support for everyday issues. Every day.

**1-888-881-LINC (5462)**

24 Hours a Day, 365 Days a Year

**www.supportlinc.com**

SUPPORT  LINC  
EMPLOYEE ASSISTANCE PROGRAMS