

EAP is a free, confidential resource for your wellbeing as well as your family members. Our EAP offers confidential consulting services for you and your eligible family members to discuss personal and/or work related issues and concerns.

There are so many ways to use the SupportLinc program:

1. Counseling Services:

Up to 6 face to face meetings with a counselor to discuss life's challenges like family and relationship concerns, anxiety, depression, substance abuse, and every day issues.

2. eConnect® Technology:

Video and web chat access to licensed SupportLinc counselors through the eConnect telehealth platform on the SupportLinc website. Download the eConnect® mobile app for secure access to the program and additional resources.

3. Childcare & Parenting:

Guidance, resources and referrals related to parenting, adoption, child care, summer camps, early childhood education, tutoring, college planning and more.

4. Elder Care:

Consultation, resources and referrals such as meals on wheels, senior transportation, adult day care, assisted living facilities, home healthcare and other topics relevant to caring for aging loved ones.

5. Financial Fitness:

Free consultation with a financial counselor on everything from credit and debt to purchasing a home and saving for retirement. Calculators, articles and do-it-yourself financial tools are available online.

6. Daily Living/Convenience Services:

Resources and referrals - such as housing, travel, pet care, contractors, relocation, health and wellness, hobbies and recreation - to help you balance your work and personal life.

7. Legal Resources:

Free 30-minute consultation with an attorney either by phone or in-person to address a variety of legal concerns *except* employment law. Do-it-yourself legal forms available online.

8. Web-Based Resources:

The SupportLinc website provides a single source for expert information and valuable resources such as health assessments, mindfulness tools and educational modules.

Log in online or call for your sessions!

888.881.LINC (5462)

supportlinc.com

User name: saltchuk

Password: linc123



Download the eConnect® mobile app. With the app you can:

Connect with a SupportLinc EAP counselor via live chat or request a call back

Visit a resource library including a wide range of articles to support your overall wellbeing

Learn more about the SupportLinc program