

# SUPPORT LINC

EMPLOYEE ASSISTANCE PROGRAMS

**Your Single Source for Support, Resources and Information**

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

**Web: [www.support-linc.com](http://www.support-linc.com)**

## Family and Relationships

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

- ☞ Communication Problems
- ☞ Intimacy Issues
- ☞ Divorce or Separation
- ☞ When "Work Life" Affects "Home Life"

## Substance Abuse

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

- ☞ Assess the Problem
- ☞ Address Denial
- ☞ Arrange for Appropriate Care
- ☞ Motivate Sustained Sobriety

## 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
- ☞ "Empty-Nesting"

## Work-Life Balance

The SupportLinc program 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:

- ☞ Legal Advice
- ☞ Financial Consultation
- ☞ Identity Theft Assistance
- ☞ Elder and Adult Care Referrals
- ☞ Child Care Referrals
- ☞ Relocation Assistance
- ☞ Pet Care



## SupportLinc Web-Based Services

The SupportLinc website, located at [www.support-linc.com](http://www.support-linc.com), is your one-stop shop for expert information to assist you with the issues that matter to you, from legal and financial questions to personal and family concerns. The site contains a wide array of informational resources, expert articles, resource search engines, audio and video files, "how-to" guides and online seminars that will enhance your work and personal life.

**[www.support-linc.com](http://www.support-linc.com)**

**Username:** (your company name)

**Password:** linc123

- Search Engines for a Variety of Services
- Skill Builders: 20-Minute eLearning Seminars
- Health & Wellness Services
- Hundreds of Financial Calculators

