

SUPPORTLINC

THE EMPLOYEE ASSISTANCE PROGRAM FOR HILL COUNTRY MHDD CENTERS

EMOTIONAL WELLBEING & WORK-LIFE BALANCE RESOURCES FOR YOU AND YOUR FAMILY

Life can sometimes present challenges or situations that are difficult to work out alone. The SupportLinc Employee Assistance Program (EAP) is a confidential resource offering in-the-moment support and expert guidance to help you resolve concerns as well as balance home and work. You can access up to six (6) sessions of face-to-face counseling for a wide variety of concerns, such as:

**ANXIETY • DEPRESSION • MARRIAGE AND RELATIONSHIP PROBLEMS • GRIEF AND LOSS
SUBSTANCE ABUSE • ANGER MANAGEMENT • WORK-RELATED PRESSURES • STRESS**

EXPERT REFERRALS AND CONSULTATION

Whether you are a new parent, a caregiver, selling your home or looking for budgeting advice, you're likely to need guidance and referrals to expert resources.

- **LEGAL CONSULTATION** By phone or in-person with a local attorney
- **FINANCIAL EXPERTISE** Planning and consultation with a licensed financial counselor
- **CONVENIENCE RESOURCES** Referrals for childcare, elder care, home repair, housing needs, education, pet care, adoption and so much more

CONFIDENTIALITY

SupportLinc upholds strict confidentiality standards. No one, including your employer, 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.

SUPPORT  LINC

EMPLOYEE ASSISTANCE PROGRAMS



GET STARTED



1-888-881-LINC (5462)



TEXT 'SUPPORT' TO 51230



WWW.SUPPORTLINC.COM

Username: hcmhdd

CHOOSE HOW TO GET ASSISTANCE

IN-THE-MOMENT SUPPORT

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

WEB PORTAL

- Explore on-demand training and practical resources to boost wellbeing and life balance
- Use search engines, financial calculators and career resources
- Find discounted gym memberships
- Access the secure video counseling portal
- Content in English and Spanish

ECONNECT® MOBILE APP

- Program support and resources at your fingertips
- Call or live chat with a licensed counselor
- Expert, searchable content

TEXT THERAPY

- Use Textcoach® to exchange text messages, voicenotes and resources with a licensed counselor
- Available Monday – Friday, on desktop or mobile app, for up to six (6) weeks per issue

ANIMO

- Strengthen mental health and overall wellbeing using self-guided content, practical resources and daily inspiration
- Foster meaningful and lasting behavior change, from your desktop or mobile app

NAVIGATOR

- Take the guesswork out of your emotional fitness
- Click the Navigator icon on the web portal or mobile app and complete a short survey
- Receive personalized guidance for accessing program support and resources