

## What is SupportLinc?

The SupportLinc Employee Assistance Program (EAP) is designed to help you manage life's daily challenges. We can refer you to professional counselors and services that can help you and your eligible family members resolve a broad range of personal concerns, such as:

- ☎ Marriage and Relationship Issues
- ☎ Stress and Anxiety
- ☎ Depression
- ☎ Substance Abuse
- ☎ Anger Management
- ☎ Family Problems
- ☎ Grief and Loss
- ☎ Legal and Financial Services
- ☎ Dependent Care

## Confidential Consultation

SupportLinc is a no-cost confidential Employee Assistance Program that is available to you and your family 24 hours a day, 365 days a year. This service is staffed by experienced and licensed clinicians who will refer you to a local counselor or to a resource in your community.

SupportLinc can also provide confidential consultation to supervisors and managers who are dealing with challenging employee situations.

## Life Happens

At some point in our lives, each of us faces a problem or situation that is difficult to resolve. Your employer understands how work and personal challenges can affect your well-being.

CuraLinc Healthcare, supplier of the SupportLinc program, has been retained by your employer to provide support, resources and information to you and your family on a confidential basis. This brochure explains how you can get the help you need when you need it.

For immediate access to the SupportLinc program, use the information on the tear-off wallet card below.

**SUPPORT LINC**  
EMPLOYEE ASSISTANCE PROGRAMS

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

24 Hours a Day, 365 Days a Year  
Confidential Assistance

**www.support-linc.com**

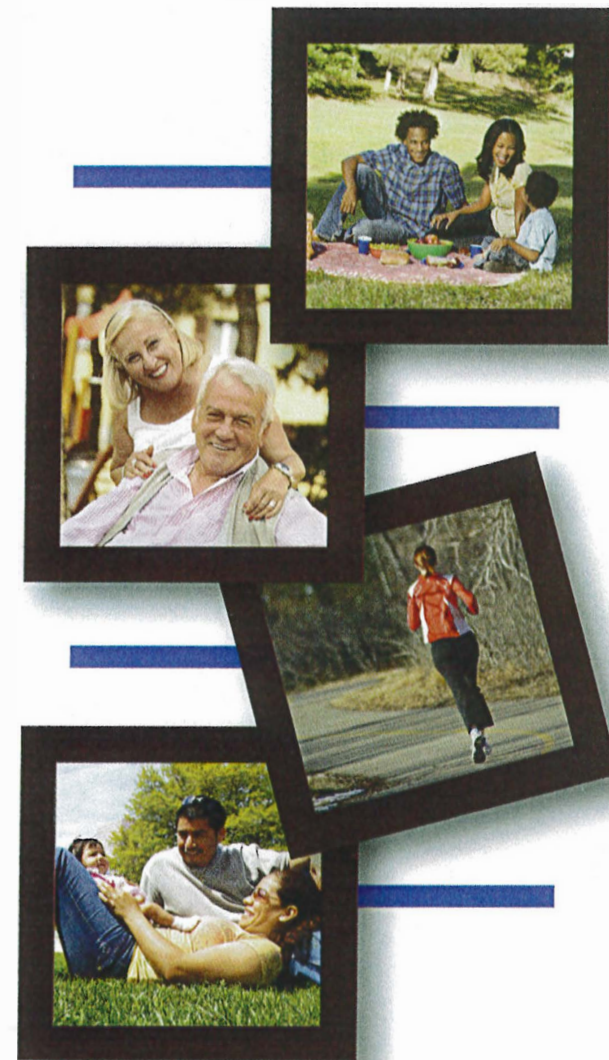
Stress ☎ Substance Abuse ☎ Relationships ☎ Work-Life Balance

**SUPPORT LINC**  
EMPLOYEE ASSISTANCE PROGRAMS

Your organization has chosen the SupportLinc Employee Assistance Program (EAP), a CuraLinc Healthcare service, to provide support, resources and information to you and your family. This brochure explains how you can receive the support you need, when you need it.

These services are provided confidentially and at no cost to you. SupportLinc offers assessments, short-term counseling and professional referrals for life's everyday problems.

**CURA LINC**  
HEALTHCARE



**SUPPORT LINC**  
EMPLOYEE ASSISTANCE PROGRAMS

**Your Employer-Sponsored  
Healthcare Benefit**

Delivered By **CURA LINC**  
HEALTHCARE

# 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



## Su Programa de Ayuda de Empleado

Su empleador está consciente de los desafíos personales y de trabajo que pueden afectar su salud. Cada uno de nosotros enfrentamos problemas y en algún momento de nuestra vida se nos hará difícil resolverlos. SupportLinc, su Programa de Asistencia al Trabajador, está aquí para ayudar. SupportLinc, fue contratado por su empleador para proveerle a usted y a sus familiares más cercanos ayuda, recursos y toda la información necesaria en forma confidencial. Usted puede llamar SupportLinc para resolver muchos casos tales como: problemas familiares, uso de droga o alcohol, estrés, depresión y control de violencia.

Después de llamar al 1-888-881-LINC (5462), SupportLinc le pondrá en contacto con un consejero acreditado quien ha sido seleccionado cuidadosamente basado en su experiencia profesional, su reputación, su acreditación y su conocimiento. SupportLinc cuenta con una red profesional nacional de consejero lo cual le facilita a usted ver un consejero en el área lo cual lo hace muy conveniente para usted.

Este folleto le explica a usted y a sus familiares más cercanos como pueden usar el Programa de Asistencia al trabajador. Además, el folleto contiene una tarjeta que usted puede arrancar y cargar en su cartera con el número de teléfono y la dirección de Internet del programa.

## ¿Cómo puede SupportLinc ayudar?

- ☎ Tensión y ansiedad
- ☎ Alcoholismo y abuso de la droga
- ☎ Problemas de la familia
- ☎ Pena y pérdida

## 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

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EMPLOYEE ASSISTANCE PROGRAMS

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Asistencia Confidencial

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Emocional ☎ Relaciones ☎ Vida/Trabajo ☎ Farmacodependencia