RESILIENCE

Rising Above Life’s Challenges

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Being able to get back up when you’ve been knocked down is the true meaning of being resilient. By understanding the meaning of resilience and how it affects you personally can help you in becoming a more powerful individual - physically, emotionally and mentally.

This program provides confidential counseling, resources and referrals to help become resilient.

WEBINAR

Building Resilience: Bouncing Back After Extraordinary Events
Availability: February 1. Located in the Monthly Feature Tile.

Strengthening your resilience can help you cope with stress and other setbacks. Discover tools to help you adapt to challenges while improving your wellbeing.

PHONE

1-888-881-LINC (5462)
Confidential Assistance
24 Hours a Day, 365 Days a Year

WEB

www.supportlinc.com

MOBILE