WEBINAR
Improving Self-Esteem: A Guide to Feeling Better About Yourself
Available June 1. Located in the Monthly Feature Tile.

Learn ideas and practical strategies that you can begin using immediately to increase self-esteem and better cope with life’s challenges.

WEB
www.supportlinc.com

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

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Challenging times can cause worries to ramp up and begin to impact your emotional wellbeing. This struggle with future unknowns is called anxiety. When you constantly feel on edge, it can affect how you feel about yourself.

This program provides confidential counseling, resources and referrals to help you improve your self-esteem to better manage anxiety.