

ADDRESSING ADDICTION

Recognizing Signs of Trouble



April 2021

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Replacing negative feelings with alcohol, gambling, drugs, over-eating or even shopping can unfortunately lead down a path toward addiction. Mood or energy swings, self-isolation or a lack of control may indicate that you or someone you love needs help.

SupportLinc provides confidential counseling, resources and referrals to help you identify and address the risk factors of addiction.

WEBINAR

Avoiding Addiction
Available April 1, 2021
Located in the Monthly Feature Tile

Learn healthy ways to cope when faced with difficult emotions and challenging situations.



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

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