

BUILDING BETTER MENTAL HEALTH

Tips to Restore Your Peace of Mind



May 2021

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Want to address a specific mental health concern, handle your emotions better or simply feel more positive and energetic? Many tools are available that you can use as building blocks to strengthen your emotional wellbeing and find a sense of inner calm.

SupportLinc provides confidential counseling, resources and referrals to help you take control of your mental health.

WEBINAR

Building Better Mental Health
Available May 1, 2021
Located in the Monthly Feature Tile

Learn ways to promote strong mental health and improve your overall wellbeing.



CHRISTIAN
BROTHERS
SERVICES

SUPPORT  LINC
EMPLOYEE ASSISTANCE PROGRAMS

PHONE

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

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