Simple changes in each of the key areas can be the difference between a good night’s sleep and an evening spent tossing and turning.

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.

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

WEB
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