



Support for everyday issues. Every day.

As of March 1, 2017, Pathways EAP will transition to the SupportLinc EAP.

At some point in our lives, each of us faces a problem or situation that is difficult to resolve. When these instances arise, SupportLinc will be there to help. The SupportLinc Employee Assistance Program (EAP) is a free and confidential resource that helps you deal with life's challenges and the demands that come with balancing home and work. SupportLinc provides professional counseling and referrals for a wide array of personal and work-related concerns.

SupportLinc provides confidential, professional referrals and face-to-face counseling for a wide array of personal and work-related concerns, such as:

Stress • Anxiety • Depression • Marriage and Relationship Problems • Grief and Loss • Substance Abuse • Legal Services • Anger Management • Work-Related Pressures • Education Guidance • Child Care Referrals • Financial Planning • Elder and Adult Care Referrals • Family Issues • Identity Theft Recovery

Referrals, Consultation and Other Resources

Whether you are a new parent, a caregiver, selling your home or looking for legal advice, you're likely to need guidance and referrals to expert resources. SupportLinc's work-life specialists are here to help. The program includes the following work-life services:

- **Legal Assist:** Free Telephonic or Face-to-Face Legal Consultation
- **Financial Assist:** Expert Financial Planning and Consultation
- **Family Assist:** Consultation and Referral Services for Daily Living Issues, Such as Dependent Care, Auto Repair, Pet Care and Home Improvement

Technology

SupportLinc EAP Website

- Thousands of Helpful Articles, Search Engines and Tip Sheets for Personal and Work-Related Topics
- Search Engines and Directories for Child Care, Elder Care, Education, Legal, Financial and Convenience Services
- Mindfulness Toolkit with Audio Lessons, Tip Sheets and Other Resources
- Monthly Webinars on a Variety of Health and Wellbeing Topics
- 'Ask the Expert' Form to Request Information or Schedule a Call Back from SupportLinc
- Wellbeing Place Blog with Fresh Resources to Promote Optimal Emotional and Physical Health
- Bilingual Content (English and Spanish)

eConnect®

- Scheduled Video, Telephonic and Web Chat Counseling Sessions on the SupportLinc Website
- Mobile App for On-The-Go Program Access

1-888-881-LINC (5462)

24 Hours a Day, 365 Days a Year

www.supportlinc.com

Username: (your company name, with no spaces)

Password: linc123

SUPPORT  LINC

EMPLOYEE ASSISTANCE PROGRAMS