

SupportLinc | Employee Assistance Program

New Program Available Starting October 1, 2024

In addition to the Deaconess Employee Assistance Program, Employees will soon have access to additional emotional wellbeing and work-life balance resources from **SupportLinc**.

SupportLinc offers expert guidance to help address and resolve everyday issues

In-the-moment support

Reach a licensed clinician by phone 24/7/365 for immediate assistance.

Short-term counseling

Access in-person or video counseling sessions to resolve concerns such as stress, anxiety, depression, relationship issues, work related pressures, or substance abuse.

Web portal and mobile app

- The one-stop shop for program services, information and more.
- Discover on-demand training to boost wellbeing and life balance.
- Find search engines, financial calculators and career resources.
- Explore thousands of articles, tip sheets, self-assessments and videos.

Legal consultation

By phone or in-person with a local attorney.

Financial expertise

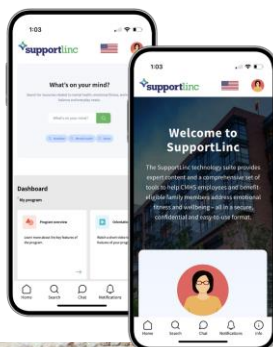
Planning and consultation with a licensed financial counselor.

Convenience resources

Referrals for child and elder care, home repair, housing needs, education, pet care and so much more.

Confidentiality

SupportLinc ensures no one will know you have accessed the program without your written permission except as required by law.



Convenient, on-the-go support

- **Textcoach®** Personalized coaching with a licensed counselor on mobile or desktop
- **Animo** Self-guided resources to improve focus, wellbeing and emotional fitness
- **Virtual Support Connect** Moderated group therapy sessions on an anonymous, chat-based platform



How to Access:

All assistance is available 24 hours a day, seven days a week with confidential support, guidance, and resources.

Call (888) 881-LINC (5462) or
Visit supportlinc.com (Group Code: **deaconess**).

Download the SupportLinc eConnect® App.



Available to:

All Deaconess Health System, Inc. employees and their family members.



Cost:

Calling our EAP is **Free**, including **up to six (6) counseling sessions and access to online content**.

Occasionally, services beyond those covered by the EAP will have a cost, and any costs associated with a service will be fully explained.