

1. Counseling Services (In-the-Moment Support)

Subject Line: Support for Everyday Issues. Every Day.

Subheader: SupportLinc is Available 24/7/365

Sometimes, everyday issues are the hardest ones to manage. Navigating relationships, dealing with finances, coping with uncertainty – when you have added stress and worries, it may be a struggle to be your best at work and at home.

No matter the reason, your SupportLinc program is here to help, 24 hours a day, 365 days a year. **Simply call 1-888-881-LINC (5462) for free, confidential support, guidance, counseling and resources.**

When you call, a licensed professional counselor answers directly – there's no annoying phone tree to navigate. After learning more about your concern, the counselor will provide you with "in-the-moment" support and share helpful tools or other resources.

The SupportLinc counselor may also recommend short-term counseling if needed. **You can access up to three (3) free, confidential counseling sessions** to help you resolve your issue. If you would prefer in-person appointments, the counselor will assist you by providing referrals to professionals who have availability and are conveniently located. Virtual sessions, using video on a desktop computer or a mobile device, are also an option.

Reach out whenever and wherever you need it by calling 1-888-881-LINC (5462) or visit www.supportlinc.com to schedule time to speak with a counselor today. Log in with **username:** local2