



FAMILY AND RELATIONSHIPS

SupportLinc helps you build and maintain healthy relationships.

Communication Skills • Conflict Resolution
Balancing Work and Family • Restoring
Intimacy • Divorce or Separation

MENTAL HEALTH

Everyday issues add up. When SupportLinc is part of the equation, life is easier to manage.

Depression • Anxiety • Grief and Loss • Stress
Managing Change • Work-Related Pressures

SHORT-TERM COUNSELING

Sometimes, everyday issues are the hardest to manage. SupportLinc can help you focus on what matters most.

In the Moment Support • Licensed Clinicians 24/7 •
Confidential • Up to Five (5) Sessions Per Occurrence

LEGAL AND FINANCIAL

Your legal and financial decisions can impact your overall well-being. SupportLinc can help you plan accordingly.

Legal Advice and Consultation • Financial Resources
• Identity Theft Recovery Assistance

BALANCING LIFE

Balancing multiple demands just got easier with SupportLinc.

Expert Referrals to Child Care and
Elder Care Services • Referrals for Pet Care,
Home Repair, Travel and More

SUBSTANCE ABUSE

Get confidential and professional assistance when you need it most.

Comprehensive Assessment • Identify
Treatment Options • Navigate Benefits
Facilitate Return to Work • Support
for Continued Sobriety

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Life can be a juggling act. It takes time and energy to balance your work, family and personal challenges. To support your overall wellbeing, SupportLinc offers confidential and professional guidance, support and resources, including short-term counseling, work-life benefits and technology-based tools.

SUPPORT  LINC
EMPLOYEE ASSISTANCE PROGRAMS

1-888-881-LINC (5462)

Confidential Assistance
24 Hours a Day, 365 Days a Year

WWW.SUPPORTLINC.COM

Username: drexel

SUPPORTLINC

**EMPLOYEE ASSISTANCE
PROGRAM (EAP)**

1-888-881-LINC (5462)
Contact us anytime, anywhere.

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 **Drexel**
UNIVERSITY

LIFE HAPPENS

At some point in our lives, each of us faces a problem or situation that is difficult to resolve. Your employer understands how work and personal challenges can affect your health and wellbeing.

SupportLinc is a no-cost confidential program that is available to you and your family 24 hours a day, 365 days a year. This benefit is staffed by licensed counselors who can provide support, guidance and referrals to local resources.

SupportLinc also offers expert consultation for supervisors and managers who are dealing with challenging workplace situations.

CONFIDENTIALITY

SupportLinc upholds strict confidentiality standards. Nobody will know you have accessed the program unless you specifically grant permission or express a concern that presents us with a legal obligation to release information.

TECHNOLOGY PLATFORM

SupportLinc technology suite provides expert content and a comprehensive set of tools to assist you in every aspect of your life – all in a secure, confidential and easy to use format.

WEB

- Access toolkits for resiliency, mindfulness, mental health first aid and meditation.
- Develop your skills through short educational modules.
- Visit search engines for dependent care, education, pet care and other community resources.
- Discover thousands of audio and video lessons, articles, resource links and self-assessment tools.
- Tap into the Savings Center, Wellbeing place blog, discounted gym memberships and free legal resources.

MOBILE

- Connect with a licensed counselor via phone, chat, text or email.
- Request an assessment, appointment or call back.
- View wellbeing topics in the Resource Library.
- Schedule secure and confidential video counseling through Counselor Connect.
- Boost your emotional fitness by exchanging texts, audio and video files with a 'Coach'.

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**SUPPORT FOR EVERYDAY ISSUES.
EVERY DAY.**



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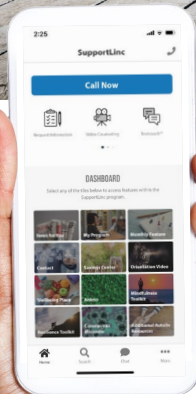
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USERNAME: DREXEL

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Stress & Anxiety | Substance Abuse | Relationships | Work-Life Balance



**TO DOWNLOAD THE
PROGRAM'S MOBILE
APP, SCAN THE QR
CODE BELOW.**



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EMPLOYEE ASSISTANCE PROGRAMS