

Dear Employee:

Life can be a juggling act. It takes time and energy to balance your work, family and personal challenges. To help you manage life's daily challenges, Catholic Community Service is pleased to announce the SupportLinc employee assistance program (EAP). SupportLinc offers confidential and professional support, including the following resources, at no cost to you or your family:

- **SHORT-TERM COUNSELING** Through SupportLinc, all employees and benefit-eligible family members may receive up to five (5) in-person counseling sessions with a licensed clinician to address issues such as depression, stress, relationship problems, grief, substance abuse, anxiety or other emotional health concerns.
- **FREE LEGAL SERVICES** The SupportLinc program provides free telephonic or (30-minute) face-to-face consultation with a local attorney.
- **EXPERT REFERRALS** SupportLinc's knowledgeable specialists provide referrals to resources that help address a wide range of issues such as child or elder care, adoption, pet care, home repair, education and housing needs.
- **FREE FINANCIAL SERVICES** SupportLinc provides expert financial planning and consultation through our network of licensed financial counselors.
- **WEB PORTAL** The SupportLinc web portal provides access to thousands of articles, tip sheets and videos covering a wide array of health, well-being and work-life balance topics. The site also contains child and elder care search engines, reference libraries, legal and financial resources, self-improvement programs and educational training modules.
- **MOBILE APP** The SupportLinc eConnect® mobile app, which can be downloaded using the QR code below, allows you to talk or chat directly with a SupportLinc counselor or schedule a time for SupportLinc to call you.
- **TEXT THERAPY** Exchange text messages, voicenotes and resources with a licensed counselor through the Textcoach™ mobile and desktop app.

All requests for information or assistance through the SupportLinc program are free of charge and completely confidential. You can contact SupportLinc anytime, around-the-clock, 365 days a year. To get started, call, chat or log in using the information below.



1-888-881-5462 (LINC)

Around-the-Clock Support and Guidance



WWW.SUPPORTLINC.COM

Username: ccsjuneau



SUPPORT@CURALINC.COM

SUPPORTLINC MOBILE APP



Username: ccsjuneau



@SUPPORTLINC



SUPPORTLINC

EMPLOYEE ASSISTANCE PROGRAM FOR CATHOLIC COMMUNITY SERVICE

SUPPORTLINC IS THE EMPLOYEE ASSISTANCE PROGRAM (EAP) FOR YOU AND YOUR IMMEDIATE FAMILY MEMBERS

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 confidential resource that helps you deal with life's challenges and the demands that come with balancing home and work. SupportLinc provides confidential, professional referrals and up to five (5) sessions of face-to-face counseling sessions for a wide variety of concerns, such as:

**ANXIETY • DEPRESSION • MARRIAGE AND RELATIONSHIP PROBLEMS • GRIEF AND LOSS
SUBSTANCE ABUSE • ANGER MANAGEMENT • WORK-RELATED PRESSURES • STRESS**

EXPERT REFERRALS AND CONSULTATION

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.

- **LEGAL ASSIST** Free Telephonic or Face-to-Face Legal Consultation
- **FINANCIAL ASSIST** Expert Financial Planning and Consultation
- **FAMILY ASSIST** Consultation and Referrals for Everyday Issues, Such as Dependent Care, Auto Repair, Pet Care, Home Improvement and More

CONFIDENTIALITY

SupportLinc upholds strict confidentiality standards. Nobody, including your employer, 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 AND YOUR EAP

WEB

- Practical Tools and Resources to Practice Resiliency, Mindfulness and Other Skills
- Search Engines for Dependent Care, Education, Legal, Financial and Convenience Services
- Discounted Gym Memberships
- Secure Video Counseling Through the eConnect® Portal
- On-Demand Education
- Bilingual Content (English and Spanish)

MOBILE

- eConnect® Mobile App for On-The-Go Access
- Call or Live Chat with a Licensed Counselor
- Schedule Video or In-Person Counseling

TEXT THERAPY

- Exchange Text Messages, Voicenotes and Resources with a Licensed Counselor through the Textcoach™ Mobile and Desktop App

SUPPORT  LINC
EMPLOYEE ASSISTANCE PROGRAMS

PHONE
SMS
WEB

1-888-881-LINC (5462)
TEXT 'SUPPORT' TO 51230
WWW.SUPPORTLINC.COM

Username: ccsjuneau



MOBILE



CHRISTIAN
BROTHERS
SERVICES