



Dear Ivy Tech Supervisor:

It takes time, and lots of it, to manage work, family and your personal health. We are pleased to announce that SupportLinc is available with emotional wellbeing and work-life balance resources. This valuable benefit offers confidential, professional assistance for you, your employees and their immediate family members.

- **In-the-moment support.** A licensed clinician answers 24/7/365 when you call for assistance with work-related pressures, depression, stress, anxiety, grief, relationships, substance abuse or other concerns.
- **Short-term counseling.** Employees and their immediate family members may also receive up to six (6) counseling sessions, in-person or via video.
- **Legal consultation.** Receive a free, 30-minute legal consultation with a local attorney per issue, by phone or in-person.
- **Convenience resources.** Knowledgeable specialists provide referrals to resources that help address a wide range of challenges such as child or elder care, adoption, pet care, home repair, education and housing needs.
- **Financial expertise.** Consultation and planning with an experienced financial professional is available, providing pressure-free, personalized guidance until your issue is resolved.
- **Technology.** Resources include the web portal, eConnect® mobile app, Textcoach® text therapy, video or web-based counseling, the Animo self-guided behavioral health platform and Virtual Support Connect, anonymous chat-based group support sessions.
- **Navigator.** Employees can use the Mental Health Navigator tool on desktop or mobile to complete a short assessment and receive personalized guidance for accessing program support and resources.

The SupportLinc program also provides you with resources to assist with supervision, including:

- **Management consultation.** Receive confidential coaching to help address difficult situations - such as work performance, attendance problems, workplace violence, substance abuse and other related topics – as well as guidance for supporting an employee in need.
- **Formal Management Referral (FMR).** Activate a referral directly into the program to assist an employee whose work performance has declined due to personal problems or impairments.

All requests for information or assistance through the SupportLinc program are no-cost and strictly confidential. You can reach SupportLinc 24 hours a day, 365 days a year, whenever needed, wherever is most convenient, using the information below.



1-888-881-5462



supportlinc.com

group code: **ivytech**



support@curalinc.com



**Download
the mobile
app today!**

Support for everyday issues. Every day.