

Emotional Wellbeing and Work-Life Balance Resources to Keep You at Your Best

SupportLinc offers expert guidance to help you address & resolve everyday issues



In-the-moment support & short-term counseling services

Reach a licensed clinician by phone 24/7/365 to address concerns such as work-related pressures, depression, stress, anxiety, relationship problems or substance abuse. You can also access up to five (5) counseling sessions, in-person or via video, at no cost to you.



Financial expertise

Planning and consultation with a licensed financial counselor.



Legal consultation

By phone or in-person with a local attorney.



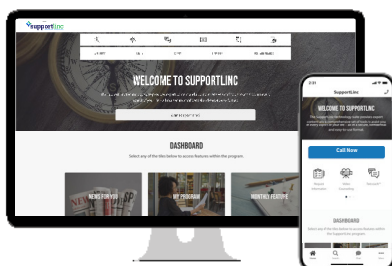
Convenience resources

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



Confidentiality

SupportLinc's strict confidentiality standards ensure no one will know you have accessed the program without your written permission except as required by law.



On the web

- Your one-stop shop for program support, resources and more.
- Take the Navigator self-assessment.
- Find self-improvement programs and educational modules.
- Discover legal and financial resources, child and elder search engines.
- Explore thousands of articles, tip sheets and videos.

Convenient, on-the-go support

- **eConnect® Mobile App**
Connects you to confidential support and offers expert, searchable content.
- **Textcoach®**
Provides personalized coaching with a licensed counselor on mobile or desktop.
- **Animo**
Delivers self-guided resources to improve focus, wellbeing and emotional fitness.



Start with Navigator

Take the guesswork out of your emotional fitness! Visit your web portal or mobile app to complete the short Navigator survey. You'll immediately receive personalized guidance to access support and resources.



Group Code: cochisecombinedtrust



800.490.1585



supportlinc.com
Log-in information
coming soon!



Download
the mobile
app today!