supportlinc

# Connecting to short-term counseling

You and your family have 24/7/365 access to SupportLinc for emotional support, work-life balance and guidance with financial, legal or family concerns. Care is personalized, whether you use online resources or speak with a counselor. Here's how to get started.

1

### Call 888-881-5462, available 24/7/365

Speak with a licensed counselor, called a Care Advocate, who listens to your concerns and helps guide you to support. You can share your preferences for virtual or in-person care, as well as the qualities of a counselor that matter most to you.

2

### Get matched with a counselor

Within 24 to 48 hours, you'll receive a referral to a counselor with appointment availability. Your Care Advocate can assist with scheduling your first visit. *(Requests for specific provider preferences may slightly extend wait times.)*

3

### Begin short-term counseling

Attend your session and schedule follow-up appointments directly with your counselor. Your Care Advocate remains available to answer questions, provide support or discuss next steps.

For more details, check the FAQ section ▶

**Log in today to take the next step in your wellbeing journey**

888-881-5462
mysupportlinc.com
group code: Womble

# Frequently asked questions

**1. When is SupportLinc available?** Your program is available 24/7/365 to support you and your household members.

**2. Will my employer know I used SupportLinc?** No. Use of the program is completely confidential, except as required by law.

**3. What can SupportLinc help with?** Your program can support you with common concerns like stress, anxiety, depression, relationship issues, grief, substance use, work pressures and more.

**4. Can I access services online?** Yes. Visit mysupportlinc.com or use the mobile app to access in-person and video counseling, text therapy, coaching and digital tools.

**5. How many counseling sessions are offered through SupportLinc?** You have counseling sessions available through your program, at no cost.

**6. What if I need more support?** If you require support beyond short-term counseling, your counselor and Care Advocate will collaborate to connect you with the necessary care.

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