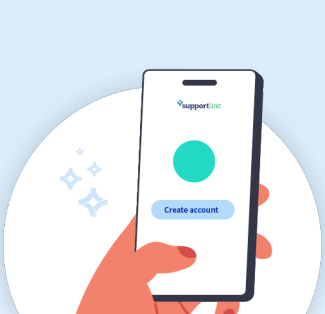
supportlinc

Access made easy

Support your mental health and overall wellbeing with seamless, customized care. Easily connect with a counselor or explore self-guided programs, and access resources and recommendations tailored to your needs.

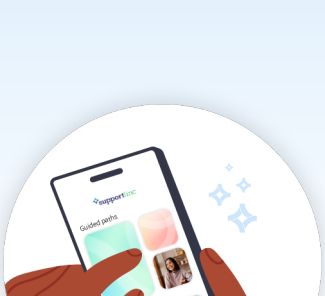


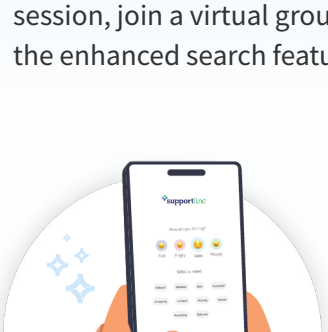
1. Access your web platform or mobile app.

Visit **mysupportlinc.com** or open the mobile app, click Create Account, enter your group code and set your preferences to build your personalized dashboard. You'll only need your group code once. Already have an account? Sign in with your existing username and password to discover the new experience.

2. Explore personalized tools and care options.

From your dashboard, access resources matched to your interests—text with a licensed clinician, book a counseling or coaching session, join a virtual group, start a self-guided program and use the enhanced search feature to find additional support.





3. Take the next step toward feeling like your best self.

Complete quick check-ins, track your mood, engage with interactive exercises and try mindful practices. **Support is always just a few clicks away.**

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. **How do I personalize my dashboard?** When you log in for the first time, you'll choose the topics and goals that matter most to you. Your dashboard updates automatically with recommendations that support your wellbeing. You can adjust your preferences at any time in the settings.

2. **How do I manage notifications and reminders?** You can adjust them at any time in your account settings, selecting the ones you receive and how often.

3. **What are the guided paths and how do they work?** These are step-by-step programs featuring mental health experts. They help you focus on one topic at a time, allowing you to make steady progress toward your wellbeing goals.

4. **How do I use the mood tracker?** Log how you're feeling anytime with a quick tap from your dashboard. Over time, you'll begin to notice patterns and triggers that can help you manage your emotions.

5. **What are mental health check-ins and screeners?** These short, expert-developed assessments provide you with immediate results and suggest the next steps or resources that fit your needs.

6. **I'm having trouble with my account. Who can I ask for help?** You can email contact@curalinc.com for assistance from our support team.

7. **Is my information confidential?** Yes! No one will know you've used the program without your written permission, except as required by law. Your information is protected with strong safeguards and is never sold or shared.

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