

SUPPORTING TEENS

Mental Health Resources for Adolescents

Missing out on normal social, physical and educational interactions due to the COVID-19 pandemic has had a significant impact on the emotional wellbeing of teenagers. Your program has valuable resources to help, including:

- No-cost, short-term counseling sessions for the teen. A parent or guardian can call 1-888-881-LINC (5462) to coordinate care.
- Family counseling sessions can also be accessed through the program.
- On-demand videos, articles and tip sheets available on the web portal and mobile app.



SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

1-888-881-LINC (5462)
WWW.SUPPORTLINC.COM

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