

TAKE THE GUESSWORK OUT OF YOUR EMOTIONAL FITNESS

Guidance to Personalized Support and Resources

LOOK FOR THE NAVIGATOR ICON TO GET STARTED

You'll start by completing a short survey and telling us a little about yourself – your emotions, your feelings and how they're impacting everyday life. From there, we'll provide a personalized Emotional Fitness Report outlining a variety of care choices you can access to improve your mental wellbeing.

YOU'RE ALL SET!

Based on your results, SupportLinc recommends the following resources and services to support your emotional fitness.



Digital Behavioral Health

Animo provides a variety of self-directed dynamic resources that improve emotional fitness, reduce the stigma associated with mental health treatment and enhance overall wellbeing. Click the button below access the Animo portal.

[Access Animo >](#)



Text Therapy

Textcoach™ helps you boost your emotional health and wellbeing through a personalized exchange of text messages, voicenotes, tip sheets, videos and other resources. Visit Textcoach™ portal to get started today.

[Access Textcoach™ >](#)



Counseling

Through the program, you have access to confidential, short-term counseling. To schedule your first session, call SupportLinc at 1-888-881-5462 or click the button below.

[Schedule Counseling >](#)

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EMPLOYEE ASSISTANCE PROGRAMS

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