



Support during FMLA


Life can bring unexpected changes. While you navigate those moments, the SupportLinc Employee Assistance Program (EAP) is here for you and your household members, ready to provide confidential support whenever and wherever you need it during your leave.

Reach out today for:

- In-the-moment support from a licensed clinician 24/7/365 to discuss stress, anxiety, depression, grief burnout and more
- Up to 5 sessions per concern with a counselor for support such as caregiver fatigue, managing the emotional toll of illness, loss or life transitions
- Digital resources within the SupportLinc web and mobile app such as a caregiver stress resource kit, tips for talking with a healthcare provider, navigating a diagnosis and more
- Legal consultations for questions regarding wills, power of attorney, healthcare proxy documents, medical debt and more
- Financial expertise with medical expense planning, debt management, budget planning while on unpaid leave, understanding how to stretch savings and cut back on unnecessary spending
- Dependent referrals such as home health care services, respite care and caregivers
- Daily convenience resources for household services, grocery delivery, meal preparation services, transportation assistance and more
- Access to digital group support groups and text therapy with topics such as preventing burnout, self-care, coping with stress for your emotional health



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Support during leave


Managing your work, family and personal well-being takes time and energy. When a leave of absence is thrown into the mix, additional stressors can take a toll on your overall health. Whether you are managing a leave of absence due to your own needs or caring for a loved one, your SupportLinc Employee Assistance Program (EAP) stands by, ready to help.

Reach out today for:

- In-the-moment support from a licensed clinician 24/7/365
- Up to 5 sessions with a counselor for you, your children and other household members to help you process any changes in health, navigate difficult conversations or general wellness needs
- Online resources, including videos, articles and tip sheets with information on self-care and caregiver support
- Legal consultations to discuss creating a last will and testament, advance directive and more
- Financial expertise to understand how to handle unexpected bills, debt consolidation or other financial challenges
- Dependent referrals for caring for your child or an aging parent
- Daily convenience resources for household services, grocery delivery, meal preparation services, transportation assistance and more
- Access to digital caregiver and grief therapy groups, text therapy and coaching for your emotional health



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Support during parental leave


Adding a new family member can be an emotional experience for every parent involved. The SupportLinc Employee Assistance Program (EAP) is here for you and your household members, ready to provide confidential support whenever and wherever you need it during your parental leave.

Reach out today for:

- In-the-moment support from a licensed clinician 24/7/365 to discuss stressors such as adjusting to parenthood, identify shift and sleep deprivation
- Up to 5 sessions per concern with a counselor to support stress, loneliness, isolation and more as well as couples counseling to navigate relationship changes or parenting dynamics
- Helpful articles and videos within the SupportLinc web and mobile app such as emotional fitness for new parents, bonding with your baby, baby first aid essentials, parenting tips and more
- Legal consultations related to family matters such as wills and guardianship
- Financial planning expertise to support budgeting with a new baby
- Referrals to vetted childcare providers and early education programs
- Daily convenience resources for household services, grocery delivery, meal preparation services, transportation assistance and more
- Access to digital group support groups, text therapy and coaching for your emotional health, including sleep fitness, mindfulness, meditation, self-care and more



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Support during maternity leave

Welcoming a new family member can bring a range of emotions. The SupportLinc Employee Assistance Program (EAP) is here for you and your household members, ready to provide confidential support whenever and wherever you need it during your maternity leave.

Reach out today for:

- In-the-moment support from a licensed clinician 24/7/365 to discuss balancing motherhood, self-care, post partum and more
- Up to 5 sessions per concern with a counselor to help you navigate motherhood, postpartum, stress management, relationships or general well-being needs
- Helpful articles and videos such as coping with a disability, bonding with your baby, tips for bringing your newborn home, strategies for managing parenting stress and more
- Access digital therapy groups and text therapy for topics such as self-care, stress management, mindfulness and resiliency
- Expert referrals for pelvic floor therapy, physical therapy and chiropractic care to support recovery
- Financial expertise to craft strategies around budgeting for baby essentials or discuss other financial challenges
- Dependent referrals for caring for your child, including childcare centers, family day care homes, nanny, nursery schools and more
- Daily convenience resources for household services, grocery delivery, meal preparation services, transportation assistance and more



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Support during disability leave

While being out on disability can make life's stressors more challenging, The SupportLinc Employee Assistance Program (EAP) is here for you and your household members, ready to provide confidential support whenever and wherever you need it during your disability leave.

Reach out today for:

- In-the-moment support from a licensed clinician 24/7/365 to discuss a wide array of concerns impacting your mental health and overall well-being
- Up to 5 sessions per concern with a counselor for you and other household members to help you process any changes in health, navigate change and overall well-being needs
- Online resources, including videos, articles and tip sheets for strategies to help cope with a new or chronic disability
- Access to digital therapy groups, text therapy and coaching for concerns such as stress management, self-care, sleep fitness and more
- Expert, local referrals for physical therapy, chiropractic care and alternative therapies
- Legal and financial consultations such as Social Security disability and disability benefits
- Financial expertise to understand how to handle unexpected bills, debt consolidation or other financial challenges
- Daily convenience resources for household services, grocery delivery, meal preparation services, transportation assistance and more



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Support as you return to work


Returning to work after time away can feel overwhelming. Balancing your job responsibilities, family needs, and personal well-being all require time and energy- and the transition back can bring its own challenges. Whether your leave was for you or to care for a loved one, your SupportLinc Employee Assistance Program (EAP) is here to support you.

Reach out today for:

- In-the-moment support from a licensed clinician, available 24/7/365, to talk through questions, stressors, or concerns as you transition back to work
- Up to 5 counseling sessions to support your return to work, navigate important conversations, and strengthen overall well-being
- Online resources—including videos, articles, and tip sheets- focused on self-care, mindfulness, resilience, and adjusting to new routines
- Legal consultations for guidance on documents like a last will and advance directives, along with financial support to manage unexpected expenses or plan for financial changes during your transition
- Dependent care referrals to support caregiving needs for children, aging parents, or other family members.
- Daily convenience resources for household services, grocery delivery, meal preparation services, transportation assistance and more
- Digital emotional support options, including virtual support groups, text therapy, and coaching, to support your emotional health and prevent burnout during this transition



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