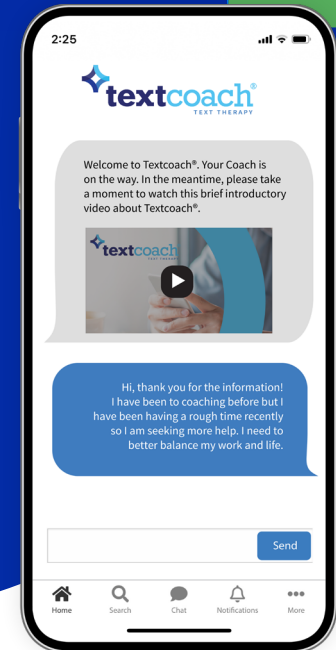




# Textcoach®

Coaching that puts wellbeing at your fingertips



Textcoach® is like having a mental health “Coach” in your pocket! Designed to help address anxiety, depression, burnout and other concerns while on the go, Textcoach® allows you to begin texting with a licensed clinician on your mobile or desktop device. Exchange texts, voice notes, videos and resources to help boost your emotional wellbeing by downloading the app or visiting the website.

## Features

Textcoach® conveniently provides:

- 100% confidentiality
- A stigma-free access point
- Connection via mobile and desktop devices
- Texting whenever and wherever
- Independently-licensed clinicians
- Voice notes, tip sheets, articles, videos and more
- Referrals to local mental health professionals

## Get started!

[mysupportlinc.com](https://mysupportlinc.com)

group code: **rrd**



Download the mobile app today!

