



# Find support for mental strength & behavioral health.

Free, confidential help is available 24/7 for you and your family.

## SupportLinc | Employee Assistance Program

Access in-the-moment support by phone or live chat, or schedule up to five face-to-face or video counseling sessions. You can also take advantage of text therapy and self-guided resources.



### Who's Eligible

All employees, dependents and household members even if not enrolled in RRD benefits



### 1-888-881-LINC (5462)

Text "SUPPORT" to 51230



### supportlinc.com

username: rrd



### Mobile Apps

**eConnect** for on-the-go access to a licensed counselor

**Textcoach** to exchange text messages, voice notes and resources with a licensed counselor

## LifeSpeak | Digital well-being library filled with expert content

Find videos, tips sheets, blogs and podcasts on a variety of topics, including mental and physical health, finances, caregiving and more.



### Who's Eligible

All employees, dependents and household members even if not enrolled in RRD benefits



### rrd.lifespeak.com

access ID: rrd



### Mobile App

#### LifeSpeak

client name: rrd; access ID: rrd

## Health Advocacy Solutions | A personal assistant for your health care needs

Personal support and guidance for health care needs from BCBSIL. Get help with mental and behavioral health issues such as anxiety, autism, depression, drug or alcohol use, eating disorders, etc.



### Who's Eligible

Employees and their dependents enrolled in a BCBSIL national Medical Program option



### 1-800-537-9765



### bcbsil.com/rrd



Learn about these resources + more

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