

# 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.

SUPPORT  LINC

EMPLOYEE ASSISTANCE PROGRAMS

[WWW.SUPPORTLINC.COM](http://WWW.SUPPORTLINC.COM)

MOBILE APP



## 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 >](#)