

# SUPPORT LINC

EMPLOYEE ASSISTANCE PROGRAMS

Dear Granbury ISD Employee:

Life can be a juggling act. It takes time and energy to balance your work, family and personal challenges. To help you manage life's daily challenges, Granbury ISD is pleased to announce the SupportLinc employee assistance program (EAP). SupportLinc offers confidential and professional support, including the following resources, at no cost to you or your family:

- **SHORT-TERM COUNSELING** Through SupportLinc, all employees and benefit-eligible family members may receive up to three (3) in-person counseling sessions with a licensed clinician to address issues such as depression, stress, relationship problems, grief, substance abuse, anxiety or other emotional health concerns.
- **FREE LEGAL SERVICES** The SupportLinc program provides free telephonic or (30-minute) face-to-face consultation with a local attorney.
- **EXPERT REFERRALS** SupportLinc's knowledgeable specialists provide referrals to resources that help address a wide range of issues such as child or elder care, adoption, pet care, home repair, education and housing needs.
- **FREE FINANCIAL SERVICES** SupportLinc provides expert financial planning and consultation through our network of licensed financial counselors.
- **WEB PORTAL** The SupportLinc web portal provides access to thousands of articles, tip sheets and videos covering a wide array of health, wellbeing and work-life balance topics. The site also contains child and elder care search engines, reference libraries, legal and financial resources, self-improvement programs and educational modules.
- **MOBILE** The eConnect® mobile app, which can be downloaded using the QR code below, allows you to talk to or request a callback from a SupportLinc counselor. Additionally, boost your emotional fitness by exchanging texts, audio and video files with a 'coach.'

All requests for information or assistance through the SupportLinc program are free of charge and completely confidential. You can contact SupportLinc anytime, around-the-clock, 365 days a year. To get started, call, chat or log in using the information below.

 **1-800-475-3327**

Around-the-Clock Support and Guidance

 **WWW.SUPPORTLINC.COM**

Username: granburyisd

 **SUPPORT@CURALINC.COM**

**SUPPORTLINC MOBILE APP** 

Username: granburyisd



**@SUPPORTLINC** 