

Emotional wellbeing resources to keep you at your best

SupportLinc offers expert guidance to help address and resolve everyday issues. Access support whenever, wherever is most convenient for you.



1-800-475-3327

In-the-moment support from a licensed clinician 24/7/365



Email

Send a question to support@curalinc.com



Ask the expert

Request information or resources based on topic or concern



Live chat

Chat live with a licensed counselor through the mobile app



Real-time scheduling

Schedule care directly with a counselor or coach



Textcoach®

Personalized coaching on desktop or mobile



Animo

Digital behavioral health to improve your emotional fitness



Digital group support

Attend an anonymous group support session



Start with Navigator

Take the guesswork out of your emotional fitness! Visit your web portal or mobile app to complete the short Mental Health Navigator survey. You'll immediately receive personalized guidance to access support and resources.



Download the mobile app by scanning this QR code.



1-800-475-3327



supportlinc.com

Support for everyday issues. Every day.