

Dear Harmony Public Schools Employee:

Life can be a juggling act. It takes time and energy to manage your work, family and personal wellbeing. Harmony Public Schools is pleased to announce the SupportLinc Employee Assistance Program (EAP) is available to help you manage life's daily challenges. SupportLinc offers confidential, professional support for emotional health and work-life balance concerns at no cost to you or your family. The program includes:



**IN-THE-MOMENT SUPPORT & SHORT-TERM COUNSELING** A licensed clinician answers 24/7/365 when you call for assistance with work-related pressures, depression, stress, anxiety, grief, relationship problems, substance abuse or other emotional health concerns. You and your benefit-eligible family members may also receive up to five (5) counseling sessions, in-person or via video.



**LEGAL CONSULTATION** SupportLinc offers a free, 50-minute legal consultation with a local attorney per issue, by phone or in-person.



**CONVENIENCE RESOURCES** SupportLinc's knowledgeable specialists provide referrals to resources that help address a wide range of challenges such as child or elder care, adoption, pet care, home repair, education and housing needs.



**FINANCIAL EXPERTISE** Receive expert financial consultation and planning with pressure-free, personalized guidance until your issue is resolved.



**WEB PLATFORM** Your one-stop shop for SupportLinc support, resources, information and more. Discover on-demand training to boost wellbeing, search engines, financial calculators and career resources, visit the Savings Center for retail and service provider discounts and complete a topic search to explore articles, tip sheets and self-assessments.



**ECONNECT® MOBILE APP** Get confidential support and guidance on the go from a licensed counselor via live chat, as well as expert content and resources – all from the convenience of your phone or tablet. Use the QR code below to down the eConnect® app for iOS or Android today.



**TEXT THERAPY** Exchange text messages, voicenotes and resources Monday – Friday with a licensed counselor for up to five (5) weeks, through the Textcoach® mobile and desktop app.



**ANIMO** Strengthen mental health and overall wellbeing using Animo's self-guided content, practical resources and daily inspiration to foster meaningful and lasting behavior change.



**NAVIGATOR** Take the guesswork out of your emotional fitness. Click the Navigator icon on the web portal or mobile app, complete a short survey and receive personalized guidance for accessing program support and resources.

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, you can call, log in, email, chat or text using the information below.



1-800-475-3EAP (3327)

In-the-Moment Support and Guidance



WWW.SUPPORTLINC.COM

Username: harmonyps



SUPPORT@CURALINC.COM

ECONNECT® MOBILE APP 

Username: harmonyps



TEXT 'SUPPORT' TO 51230

