

Dear Harmony Public Schools Supervisor:

Life can be a juggling act. It takes time, and lots of it, to manage work, family and personal challenges. To help you, Harmony Public Schools is pleased to announce the SupportLinc Employee Assistance Program (EAP), administered by CuraLinc Healthcare, is being implemented. This valuable benefit offers confidential, professional assistance with emotional wellbeing and work-life balance for you, your employees and their immediate family members.

- **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. All employees and benefit-eligible family members may also receive up to five (5) counseling sessions, in-person or via video.
- **LEGAL CONSULTATION** SupportLinc offers a free, 30-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** Expert financial consultation and planning is available from SupportLinc with pressure-free, personalized guidance until your issue is resolved.
- **TECHNOLOGY RESOURCES** SupportLinc provides technology resources including the web portal, eConnect® mobile app, Textcoach® text therapy, video or web-based counseling and Animo, a self-guided behavioral health platform.
- **NAVIGATOR** Employees can use the Navigator tool on desktop or mobile to complete a short assessment and receive personalized guidance for accessing program support and resources.

The SupportLinc EAP also provides you with resources to assist with supervision, including:

- **MANAGEMENT CONSULTATIONS** These confidential discussions with SupportLinc's consultants offer coaching to approach difficult situations - such as work performance, attendance problems, workplace violence, substance abuse and other employee-related topics – as well as assist employees in need.
- **MANAGEMENT REFERRALS** SupportLinc encourages referrals into the program to assist supervisors with employees whose work performance has declined due to personal problems or impairments.

All requests for information or assistance through the SupportLinc program are no-cost and strictly confidential. You can contact SupportLinc anytime, 24 hours a day, 365 days a year.



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

