



# Virtual Support Connect

## Confidential group support

When you are dealing with a challenge at home or at work, group support can offer perspective, encouragement and most importantly, the reassurance that you are not alone. Virtual Support Connect (VSC) provides live, moderated sessions on a wide variety of topics via the desktop or mobile platform. Confidentiality is key – you answer questions, participate in activities and provide feedback anonymously by exchanging texts with the moderator.

## Moderated sessions

When you join a session, only the moderator will be on video. You and all other users will participate via text. In addition to leading the session, the moderator will post tip sheets, exercises and links to other resources. You can also easily access individual, in-the-moment support or connect to the program web portal for additional services and information.

Virtual Support Connect session topics include:

- Avoiding addiction
- Mindfulness
- Caregiver support
- Preventing burnout
- Coping with stress
- Self care
- Grief
- Sleep Fitness

## Get started!



[supportlinc.com](https://supportlinc.com)  
group code:  
**peht**



Download  
the mobile  
app today!

