

HELPING OTHERS

Recognize When Someone May Need Support



February 2019

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Sometimes stress can be motivating, but when work and life pressures escalate out of control it can negatively impact our productivity and relationships at work. You're not alone and chances are your coworkers are feeling the same way too.

This program provides confidential counseling, resources and referrals for better balance at home and at work.

WEBINAR

Mental Health First Aid
Available on February 19

A member who is dealing with personal or professional stress may look to their teammates for support in the workplace. Being equipped to be able to respond and support coworkers in a manner that is helpful is an important emotional health skill. Learn more in this month's webinar.

PHONE

1-888-881-LINC (5462)
Confidential Assistance
24 Hours a Day, 365 Days a Year

WEB

www.supportlinc.com

MOBILE



SUPPORT  LINC
MEMBER ASSISTANCE PROGRAM