



A new personalized experience

You and your family have 24/7/365 access to SupportLinc for emotional support, work-life balance and guidance with financial, legal or family concerns. Now, connecting to care is more seamless and personalized than ever, whether you want to explore resources or talk with a counselor.



What's new?

We're excited to introduce a refreshed web platform and mobile app with enhanced features that make it easier to access support whenever it's needed, wherever it's most convenient for you.

Welcoming experience



Explore a custom dashboard that highlights recommended resources and benefits tailored to your needs.

Seamless care access



Use the scheduling tool to connect with licensed clinicians, care teams or peer groups through in-person sessions, video or text messages.

Mental health check-ins



Complete quick, expert-developed assessments that guide and support your mental health and wellbeing.



Guided paths

Access step-by-step programs on topics such as easing anxiety, building resilience and more with support at every stage of your mental health journey.

Mood tracking



Note your emotions, reflect through written exercises and receive content suggestions based on your unique needs.

Mindful practices



Discover helpful breathing and grounding tools anytime, with adjustable pacing and visual or audio guidance.

Smart notifications



Stay connected with customizable alerts for appointments, progress tracking and timely updates on current events.

These enhancements are now live on your platform.

Log in today to take the next step in your wellbeing journey

mysupportlinc.com

1-888-881-LINC (5462)

