

Confidential support for physicians

Most jobs don't have the challenges and stressors that you face on every shift. Taking the time to regularly decompress will help control burnout and support you to be your best both at work and at home.



SupportLinc can help

As part of your employment benefits, the SupportLinc employee assistance program (EAP) provides consultation with licensed experienced clinicians as well as expert referrals. It is a confidential resource for you and your immediate family members.

SupportLinc can help you manage life's challenges and the demands that come with balancing home and work. SupportLinc provides confidential, professional referrals and up to five complimentary sessions of face-to-face counseling for a wide variety of concerns, such as:

- ▶ Stress
- ▶ Anxiety
- ▶ Depression
- ▶ Work-related pressures and burnout
- ▶ Marriage and relationship problems
- ▶ Grief and loss
- ▶ Substance abuse
- ▶ Anger management

Plus, take advantage of expert referrals and consultation to assist with legal, financial and dependent care needs and convenience services.

You can talk with a counselor face-to-face or use the eConnect® Mobile App for on-the-go access to a licensed counselor by phone or live chat, or to schedule video or in-person counseling. In addition, you can access resources like complimentary toolkits, tip sheets and other materials when convenient for you. Textcoach™ helps you boost emotional health and wellbeing through a personalized exchange of text messages, voicenotes, videos and other resources. Every coach is an independently licensed and experienced counselor with a special accreditation to provide technology-driven care.

To access care 24/7/365, contact SupportLinc today for confidential guidance and resources to help your overall wellbeing. **Ways to connect, anytime:**

- 1. On the web:** www.supportlinc.com (username: edward-elmhurst)
- 2. Voice:** Call 1-888-881-LINC (5462)
- 2. Text:** "support" to 51230
- 4. Mobile app:** Download the eConnect® Mobile App from the Apple/iTunes or Google Play app store

SupportLinc upholds strict confidentiality standards. No one, including your employer, will know you have accessed the program unless you specifically grant permission or express a concern that presents us with a legal obligation to release information.

Featured SupportLinc Toolkits:

- ▶ **I am Calm.** Get help incorporating meditation, relaxation, focus and awareness into your daily routine.
www.meditate.tools
- ▶ **I am Resilient.** Guidance and skill-building to overcome hardships and become more personally resilient.
www.resiliency.tools

