



NEW!

Starting January 1st, 2025

Emotional wellbeing and work-life balance resources

Support and guidance to address:

- Anxiety
- Depression
- Stress
- Relationships
- Grief and loss
- Substance abuse
- And more

Knowledgeable specialists can also help resolve a wide range of issues through referrals to:

- Legal consultation
- Financial expertise
- Child or elder care
- Home repair
- Housing needs
- Pet care, adoption, etc.

You choose how to access care:



In-the-moment

Support by phone from a licensed clinician 24/7/365



Live chat

Available on the web portal or mobile app



Email

Send a question to support@curalinc.com



Short code

Text 'support' to 51230



Video counseling

Schedule a virtual session by mobile or desktop



Textcoach[®]

Personalized coaching on desktop or mobile



Animo

Self-directed modules on desktop or mobile



In-person counseling

Call for a referral to a local counselor

SupportLinc is always online

Use the web portal and mobile app 24/7/365 to access program services, information and more.

- On-demand training
- Search engines
- Financial calculators
- Career resources
- Plus, thousands of articles, self-assessments and tip sheets

