

# SUPPORTLINC Employee Assistance Program (EAP)

NOW AVAILABLE TO ALA MEMBER FIRMS



At some point in our lives, each of us faces a problem or situation that is difficult to resolve. When these instances arise, SupportLinc will be there to help. The SupportLinc employee assistance program (EAP) is a confidential resource that helps you deal with life's challenges and the demands that come with balancing home and work. SupportLinc provides professional counseling and referrals to address a wide array of personal and work-related concerns.

**ANXIETY • DEPRESSION • MARRIAGE AND RELATIONSHIP PROBLEMS • GRIEF AND LOSS • SUBSTANCE ABUSE • ANGER MANAGEMENT • WORK-RELATED PRESSURES • STRESS**

## Expert Referrals and Consultation

Whether you are a new parent, a caregiver, are selling your home or looking for legal advice, you're likely to need guidance and referrals to expert resources:

- **LEGAL ASSIST** Free telephonic or face-to-face legal consultation
- **FINANCIAL ASSIST** Expert financial planning and consultation
- **FAMILY ASSIST** Consultation and referrals for everyday issues, such as dependent care, auto repair, pet care, and home improvement

## Confidentiality

SupportLinc upholds strict confidentiality standards. Nobody, 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.

## Technology and Your EAP

### WEB

- Practical tools and resources to practice resiliency, mindfulness and other skills
- Search engines for dependent care, education, legal, financial, and convenience services
- Discounted gym memberships
- Secure video counseling through the eConnect portal
- On-demand education
- Bilingual content (English and Spanish)

### MOBILE

- eConnect mobile app for on-the-go access
- Call or live chat with a licensed counselor
- Schedule video or in-person counseling

### TEXT THERAPY

- Exchange text messages, voicenotes, and resources with a licensed counselor through the Textcoach mobile and desktop app

For more information on the ALA Program for \$2.95 PEPM, contact GLJ Benefit Consultants at [services@gljbenefitconsultants.com](mailto:services@gljbenefitconsultants.com).