

SupportLinc

Employee assistance program at University of Denver

SupportLinc is the employee assistance program (EAP) for you and your immediate family members

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 confidential, professional referrals and up to six (6) sessions of face-to-face counseling sessions for a wide variety of concerns, such as:

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, selling your home or looking for legal advice, you're likely to need guidance and referrals to expert resources.

- x LEGAL ASSIST Free Telephonic or Face-to-Face Legal Consultation
- x FINANCIAL ASSIST Expert Financial Planning and Consultation
- x 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

- x Thousands of Helpful Articles and Tip Sheets for Personal and Work-Related Topics
- x Search Engines and Directories for Child Care, Elder Care, Education, Legal, Financial and Convenience Services
- x Discounted Fitness Center Memberships
- x Secure Video Counseling Through the eConnect® Portal
- x 20-Minute eLearning Modules
- x Bilingual Content (English and Spanish)
- x ANIMO: Personalized Digital Behavioral Health Platform

MOBILE

- x eConnect® Mobile App for On-the-Go Access to the EAP
- x Call or Live Chat with a Licensed Counselor
- x Schedule Video or In-Person Counseling
- x Review a Summary of the EAP

SUPPORT  LINC

EAP

Phone 1-888-81-LINC (5462)

web www.supportlinc.com

Username: universityofdenver



Mobile