As you work to improve your overall health and wellness, it's important to include your behavioral health as well. Purdue advocates for integrated care programs that focus on behavioral health and community support, helping you develop positive relationships, maintain perspective and cope with life's challenges.

**SupportLinc**

- [purdue.edu/hr/Benefits/medical/SupportLinc.php](http://purdue.edu/hr/Benefits/medical/SupportLinc.php)
  - **SupportLinc** (username: purdue) is our employee assistance program (EAP) for benefits-eligible faculty and staff on the West Lafayette campus and their dependents covered on a Purdue health plan. When you speak to a SupportLinc Care Advocate, you’ll be referred to counselors that match both your clinical and cultural needs.
  - **SupportLinc eConnect**: Quick access to talk/chat with a counselor
  - **Textcoach mobile app**: Option to exchange texts with a licensed counselor for up to six weeks
  - **Animo**: Personalized digital resource to help strengthen mental health and overall well-being
  - **Navigator**: Online short survey that provides personalized guidance for program support

**Purdue Fort Wayne:**
EAP for employees is provided by the **Bowen Center**

**Purdue Northwest:**
EAP for employees is available through **New Avenues**

**Center for Healthy Living**

- [purdue.edu/hr/CHL/no-cost_Wellness/EAP.php](http://purdue.edu/hr/CHL/no-cost_Wellness/EAP.php)
  - Confidential and professional behavioral health counseling and referral services
  - Free counseling for anxiety, depression or other issues
  - Convenient appointments at our on-site health center

The Healthy Boiler Program offers a full spectrum of benefits and resources aimed at improving your health and wellness.

And because we believe overall wellness is multi-faceted, the program focuses on your behavioral health, financial wellness, physical health, social wellness and work-life integration to help you be the best you can be.

**Follow Along**

- [healthyboilerpurdue](https://www.facebook.com/healthyboilerpurdue)
- [healthyboilerpu](https://twitter.com/healthyboilerpu)
- [healthyboilerpurdue](https://www.instagram.com/healthyboilerpurdue)
- [company/healthy-boiler](https://www.linkedin.com/company/healthy-boiler)
# HEALTHY BOILER

## ANTHEM LIFEHEALTH ONLINE

### PSYCHOLOGY
- [livehealthonline.com/psychology](http://livehealthonline.com/psychology)
  - Online access to licensed therapists
  - Assistance with common behavioral issues such as grief, anxiety, stress, depression and more

### PSYCHIATRY
- [livehealthonline.com/psychiatry](http://livehealthonline.com/psychiatry)
  - Online access to expert advice, treatment plans and medication
  - Board-certified psychiatrists
  - Assistance with issues such as stress, depression, medication concerns, panic attacks and more

## ADDITIONAL MENTAL HEALTH RESOURCES

<table>
<thead>
<tr>
<th>Resource</th>
<th>Details</th>
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| Mental Health Resources | Resources available via Purdue and the community  
+ Online options, apps and more |
| Learn2Live |  
+ Personalized, one-on-one coaching  
+ Mindfulness on the go programs  
+ Live and on-demand well-being webinars  
+ Resources to manage stress, depression, anxiety, substance use and sleep issues. |
| Mental Health America (MHA) | Nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness  
+ Crisis Center Hotline  
+ Provides access to a variety of DIY tools  
+ Online mental health screenings  
+ Resources for immediate response |
| National Alliance of Mental Illness (NAMI) | Nation's largest grassroots mental health organization  
+ Crisis Text line  
+ NAMI HelpLine  
+ Video resource library  
+ Online discussion groups |
| National Suicide Prevention Lifeline | Provides free and confidential emotional support to people in suicidal crisis or emotional distress  
+ Available 24/7/365 at 800-273-8255  
+ Specific resources available for wide array of individuals, including Veterans, Native Americans, youth, LGBTQ+, loss survivors, attempt survivors and more |
| Psychology Treatment & Research Clinics | Training and research facility for the Clinical Psychology program at Purdue  
+ Assessment and therapeutic services for children, adults and families |