

# NAVIGATING THE TRANSITION

Reacclimating yourself both mentally and physically during the return to your work site can be a challenge.

The SupportLinc program can help you manage this time of change through a wide variety of resources.

- **Short-Term Counseling**


Reach a licensed clinician by phone 24/7/365 for in-the-moment support and referral for short-term counseling sessions, in-person or via video, at no cost to you.

- **Dependent Care Services**

Resources and referrals for child and elder care providers.

- **Additional Services**

Resources and referrals for pet care, automotive repair, housing needs and more.



Welcome  
Back!

**SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.**

SUPPORT  LINC

**1-888-881-LINC (5462)**  
**WWW.SUPPORTLINC.COM**