

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.