

SupportLinc



Employee Assistance Program

- Family Issues
- Stress and Anxiety
- Depression
- Marriage & Relationship Problems
- Grief and Loss
- Substance Abuse
- Anger Management
- Work-Related Pressures
- Education Guidance
- Legal Services
- Child Care Referrals
- Financial Planning
- Elder & Adult Care Referrals
- Identity Theft
- Convenience Care
- Relocation Services

Access SupportLinc web-based services through:

www.supportlinc.com
username: ternian
password: linc123

The Ternian Employee Assistance Program (EAP) is provided by SupportLinc. SupportLinc offers professional referrals, assessments and short-term counseling for life's everyday issues.

Who is eligible for the SupportLinc EAP?

You and your immediate family members.

When can I call SupportLinc?

SupportLinc is staffed by professional, licensed counselors 24 hours, 7 days a week, 365 days a year.

Is the SupportLinc EAP confidential?

Yes! The SupportLinc EAP is strictly confidential. No one at your company will know that you have accessed services through the EAP. Seeking EAP services will not endanger your job or career.

How much does it cost?

The SupportLinc EAP is paid by your employer. There is no cost to you or your family members. Please note that you may be responsible for costs associated with services not provided by SupportLinc.

How do I access SupportLinc?

Call toll-free at **1-888-881-LINC (5462)**. You will be immediately connected to a licensed counselor who can provide you with assistance.

Resources and Referrals

The SupportLinc EAP provides resources and referrals for a myriad of personal matters including child care and elder care issues, legal and financial concerns, relocation, pet care, and identity theft. Assistance is available any time for issues listed below.

Child Care and Parenting

- Summer Camps (resident, day, specialty)
- Group or family child care
- In-home care
- Back-up care
- School-age care
- Parenting classes and support groups

Older Adult Care

- Meal services
- Senior centers
- Senior housing options
- Respite care

Education

- K-12 public & private schools
- Higher education
- Post high school and vocational programs
- Financial aid/scholarships
- Tutoring programs

Daily Living

- Home maintenance & repair
- Pet care
- Entertainment
- Community volunteering
- Errand service
- Emergency services

Legal Assist

- Telephonic legal advice
- Legal consultation with a local attorney
- Identity recovery program

Financial Assist

- Telephonic consultation with financial professionals to assist with debt reduction, home buying, budgeting, bankruptcy prevention
- Access to certified financial planners for financial planning and long-term goal setting

Technology

SupportLinc Website

- Thousands of Helpful Articles and Tip Sheets
- Search Engines and Directories for Dependent Care, Education, Legal, Financial and Convenience Services
- Discounted Fitness Center Memberships

eConnect®

- Scheduled Video, Telephonic and Web Chat Counseling Sessions with Licensed SupportLinc Clinicians
- Available on the SupportLinc Website
- Mobile App for On-The-Go Program Access

Support for everyday issues. Every day.