



Dear Catholic Diocese of Raleigh Employee:

Managing work and your home life can sometimes be a challenge. We are pleased to announce that SupportLinc is available with emotional wellbeing and work-life balance resources to keep you at your best. The program offers guidance to help you address and resolve everyday issues at no cost to you or your family. Features include:



In-the-moment support & short-term counseling. A licensed clinician answers 24/7/365 when you call for assistance with work-related pressures, depression, stress, anxiety, grief, relationship problems, substance abuse or other emotional health concerns. You and your immediate household members may also receive up to five (5) counseling sessions, in-person or via video.



Legal consultation. Receive a free, 30-minute legal consultation per issue with a local attorney, by phone or in-person.



Convenience resources. Knowledgeable specialists provide referrals that help address a wide range of challenges such as child or elder care, adoption, pet care, home repair, education and housing needs.



Financial expertise. Consultation and planning with an experienced financial professional is available, providing pressure-free, personalized guidance until your issue is resolved.



Web platform. Your one-stop shop for program support, resources, information and more. Discover on-demand training to boost wellbeing. Find discounted gym memberships, financial calculators, self-assessments and career resources. Visit the Savings Center for a variety of discounts. Or complete a search to explore articles and tip sheets.



Mobile app. Get confidential support and guidance on the go from a licensed counselor via live chat, as well as expert content and resources – all from the convenience of your phone or tablet.



Text therapy. Exchange text messages, voicenotes and resources Monday – Friday with a licensed counselor through the Textcoach® mobile and desktop app.



Animo. Strengthen your mental health and overall wellbeing at your own pace using Animo's self-guided content, practical resources and daily inspiration to foster meaningful and lasting behavior change.



Virtual Support Connect. This digital group support platform offers moderated sessions hosted by licensed counselors on topics such as grief, mindfulness, preventing burnout and more.



Navigator. Take the guesswork out of your emotional fitness! Click the Mental Health Navigator icon on the web portal or mobile app, complete a short survey and receive personalized guidance for accessing program support and resources.

All requests for information or assistance are free of charge and completely confidential. You can contact SupportLinc 24 hours a day, 365 days a year. Access support whenever needed, wherever is most convenient for you, using the information below.



1-888-881-5462



supportlinc.com

group code: dioceseofraleigh



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Download
the mobile
app today!

Support for everyday issues. Every day.