

Dear Lancaster ISD Supervisor:

Life can be a juggling act. It takes time, and lots of it, to balance work, family and personal challenges. To help you, Lancaster ISD is pleased to announce that they have implemented the SupportLinc Employee Assistance Program (EAP), administered by CuraLinc Healthcare. This valuable benefit offers confidential, professional assistance for problems of concern to you, your employees and their immediate family members.

- **SHORT-TERM COUNSELING** Through SupportLinc, all employees and benefit-eligible family members may receive up to three (3) in-person counseling sessions with a licensed clinician to address issues such as depression, stress, relationship problems, grief, substance abuse, anxiety or other emotional health concerns.
- **FREE LEGAL SERVICES** The SupportLinc program provides free telephonic or (30-minute) face-to-face consultation with a local attorney.
- **EXPERT REFERRALS** SupportLinc's knowledgeable specialists provide referrals to resources that help address a wide range of issues such as child or elder care, adoption, pet care, home repair, education and housing needs.
- **FREE FINANCIAL SERVICES** SupportLinc provides expert financial planning and consultation through our network of licensed financial counselors.
- **TECHNOLOGY RESOURCES** SupportLinc provides technology resources including a web portal, mobile app, the eConnect® video or web-based counseling.

The SupportLinc EAP also provides managers and supervisors with additional resources, such as:

- **MANAGEMENT CONSULTATIONS** These confidential discussions with SupportLinc's consultants coach managers on ways to approach difficult situations and assist employees in need. They can cover work performance, attendance problems, workplace violence, substance abuse and many other employee-related topics.
- **MANAGEMENT REFERRALS** SupportLinc encourages referrals into the program to assist managers with employees whose work performance has declined due to personal problems or impairments.
- **SUPERVISOR TOOLKIT** Lancaster ISD supervisors have access to hundreds of tip sheets, additional promotional materials and, most importantly, a SupportLinc training module. This training module is a 10-minute course on the features of the SupportLinc program.

All requests for information or assistance through the SupportLinc program are free to you and are strictly confidential. You can contact SupportLinc anytime, 24 hours a day, 7 days a week.

 **1-800-475-3EAP (3327)**

Around-the-Clock Support and Guidance

 **WWW.SUPPORTLINC.COM**

Username: lancaster

 **SUPPORT@CURALINC.COM**

SUPPORTLINC MOBILE APP 

Username: lancaster



@SUPPORTLINC 