



## SupportLinc Resources

With busy work schedules, taking care of family, household duties, and trying to maintain personal relationships, our health is often the last priority. In addition to all these responsibilities, it can be easier to make decisions based on convenience instead of quality. It may become routine to delay addressing your wellbeing until later. However, SupportLinc is a great resource that offers all employees guidance to help you and your family address and resolve everyday issues.

Covenant Health is a proud partner with SupportLinc, and all employees can enjoy convenient, real-time support with resources that protect your confidentiality. [SupportLinc](#) offers monthly webinars and tips featuring a variety of topics. Each webinar is pre-recorded and can be watched at any time. These resources can be found in the “[Monthly Feature](#)” section on the SupportLinc homepage.

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 at [SupportLinc.com](#) or 877-638-5308. SupportLinc is also available via a [web portal](#) and mobile app. Use the group code covenanthealth to access these resources, or call 877-638-5308.

SupportLinc offers resources in the following areas:

<b>Wellbeing</b>	<b>Family</b>	<b>Career</b>	<b>Lifestyle</b>	<b>Legal and Financial</b>
Addiction	Adoption	Accomplished Employee	Automotive	Savings Center
Anger Management	Caregivers	Career Transition	Consumer Tips	Criminal Law
Children's Health	Child Care	Communication	Education	Debt and Bankruptcy
Exercise and Fitness	Children's Health	Cultural Assimilation	Exercise and Fitness	Estate Planning
Grief and Loss	Developmental Stages	Education	Go Green	Family Law
Health Tools	Divorce and Domestic Issues	Effective Manager	Home Buying and Selling	Financial Counselors
Infant and Toddler Health	Education	First-Time Manager	Home Improvement	Financial Fitness
Kids' Wellbeing	Elder Care	Living and Working Abroad	Home Safety and Security	Home Buying and Selling
Men's Health	Family	Resiliency	Mindfulness	Law Library of Congress
Mental Health	Friends and Neighbors	Retirement	Moving and Relocation	Lawyers and Court
Nutrition	Infant and Toddler Health	Stress	Nutrition	Legal Resources
Personal Growth	Marriage and Relationships	Training and Development	Pets	Legal Information
Senior Health	Parenting	Workplace Diversity	Resiliency	Personal Finance
Stress	Pregnancy	Workplace Productivity	Savings Center	Real Estate
Women's Health	Special Needs Children	Workplace Safety	Travel and Leisure	Tax