

Emotional wellbeing resources to keep you at your best

SupportLinc offers expert guidance to help address and resolve everyday issues. Access support whenever, wherever is most convenient for you.



Call

Receive in-the-moment support from a licensed clinician 24/7/365.



Email

Send a question to support@curalinc.com.



Ask the expert

Request information or resources based on the topic or concern.



Live chat

Chat live with a licensed counselor through the mobile app.



Text

Text support to 51230 for more info about your program.



Real-time scheduling

Schedule care directly with a counselor or Coach.



Coaching

Boost your emotional fitness, learn healthy habits and establish new routines.



Text therapy

Exchange text messages with a Coach.



Self-guided digital therapy

Strengthen your mental health and wellbeing at your own pace.



Digital group support

Attend anonymous group support sessions on a variety of topics.



Start with Mental Health Navigator

Take the guesswork out of your emotional fitness! Visit your web portal or mobile app to complete the short Mental Health Navigator assessment. You'll instantly receive personalized guidance to access care and support.



Download the mobile app today!



1-888-881-LINC (5462)



supportlinc.com
group code: [grandcheese](#)

Support for everyday issues. Every day.