



Vinebrook Homes, LLC Program Overview

Support for everyday issues. Every day.





What is SupportLinc?

A mental health benefit offered by **Vinebrook Homes, LLC**, separate from your medical insurance.

- Emotional wellbeing resources
 - In-the-moment support by phone or live chat
 - Face-to-face or virtual (video) counseling sessions
 - Text therapy
 - Self-guided resources
- Work-life balance support
 - Expert consultations





Who is eligible for SupportLinc?



The
Employee



Spouse and
dependents



Household
members





In-the-moment support

From a licensed clinician

- For guidance to cope with and resolve a variety of issues including:
 - Depression, anxiety or stress
 - Grief and loss
 - Relationship problems
 - Family or parenting issues
 - Substance use





Short-term counseling

In-person or virtual (video)

- Comprehensive assessment by a clinical professional
- Identification of your primary concern
- Recommended next steps
- Referrals to conveniently-located, local providers with available appointments or other appropriate resources
- **5 sessions per presenting concern**



Work-life benefits



Legal consultation

- Free in-person or telephonic consultation



Financial consultation

- Guidance and consultation from financial planners and budget specialists



ID theft consultation

- Free consultation and tailored recovery action plan



Dependent care resources

Child care referrals

- Daycare centers
- Home child care
- Nannies
- Recreational programs

Elder care referrals

- Adult daycare
- Assisted living
- Home health care
- 'Meals on Wheels'
- Retirement communities



Convenience and concierge resources

Expert referrals for everyday needs

- Home improvement
- Entertainment services
- Pet care
- Auto repair
- Wellness
- Travel
- Plumbers and handymen
- Volunteer opportunities



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.



Phone

In-the-moment support from a licensed clinician 24/7/365



Email

Send in your questions or connect with a counselor



Live chat

Chat live with a licensed counselor through the mobile app



Text

Text support to 51230



Real-time Scheduling

Schedule care directly with a counselor or coach



Counseling

Access in-person or video counseling sessions



Coaching

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



Text therapy

Exchange text messages with a Coach



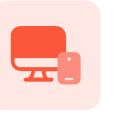
Virtual group support

Attend an anonymous group support session



Self-guided digital therapy

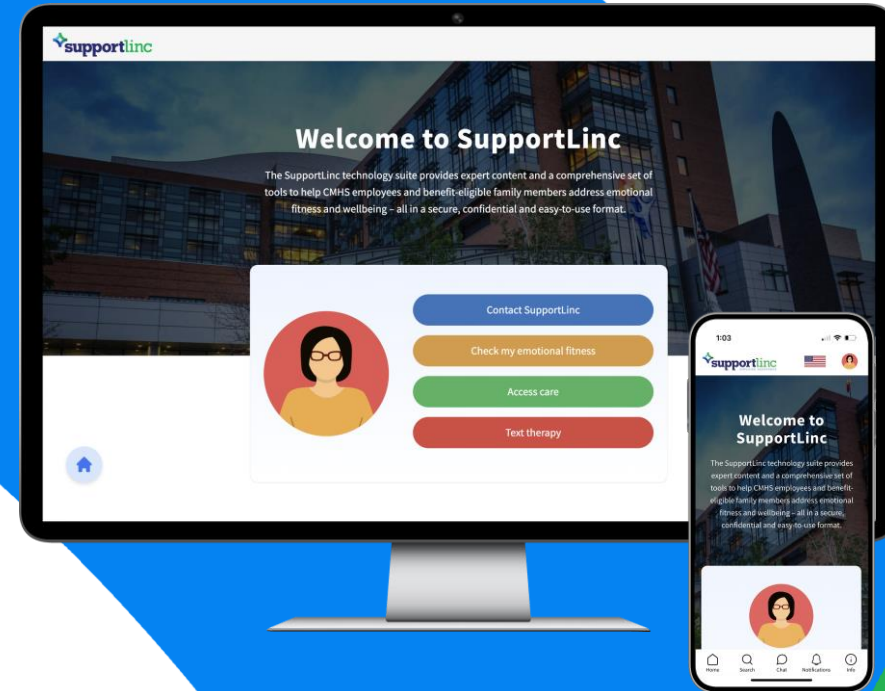
Improve your mental health at your own pace



SupportLinc

Via web or mobile

Get help navigating life's challenges with confidential support from a licensed counselor as well as expert content – all from the convenience of your desktop, phone or tablet.



Download the mobile app today!

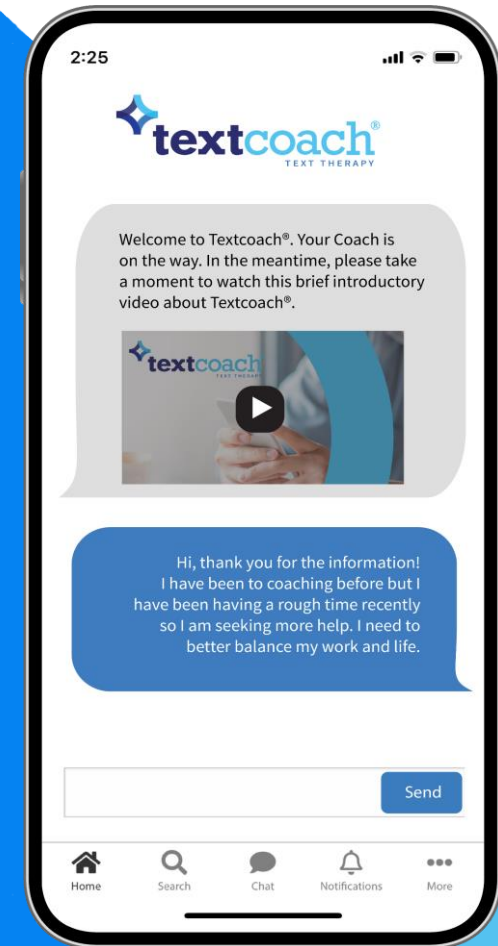


Log in or use the group code “vinebrookhomes” to create your account!

Textcoach®

Coaching that puts happiness
at your fingertips

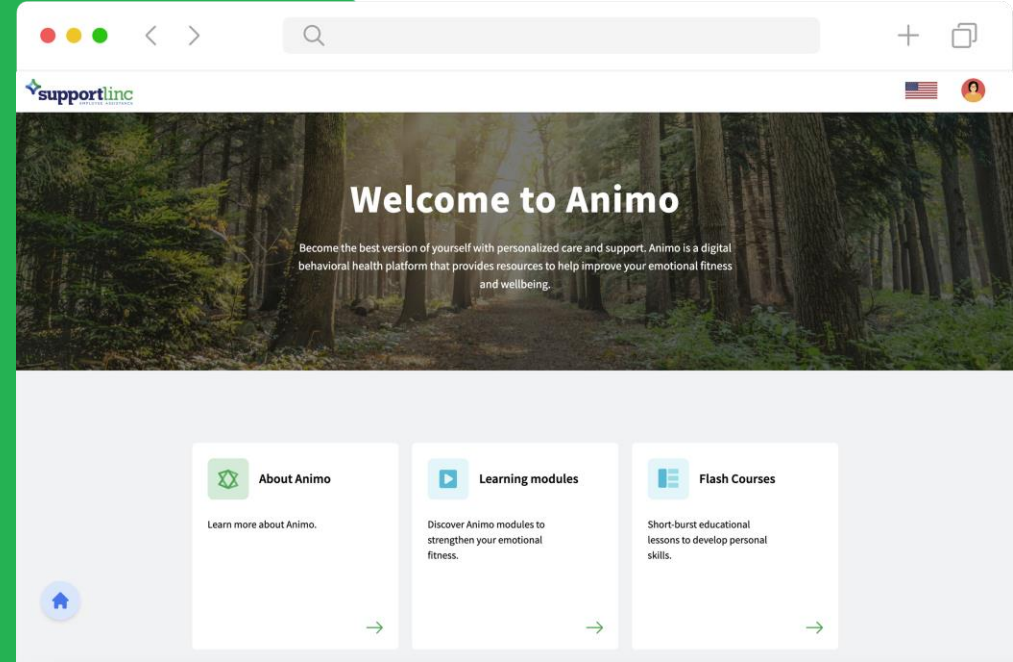
Whether you want to start small
or make a big life change, a little
bit of support can go a long way.
Textcoach® allows you to connect
with an emotional wellbeing
"Coach" on your own terms –
no appointments or wait times!



Animo

Discover your inner strength

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



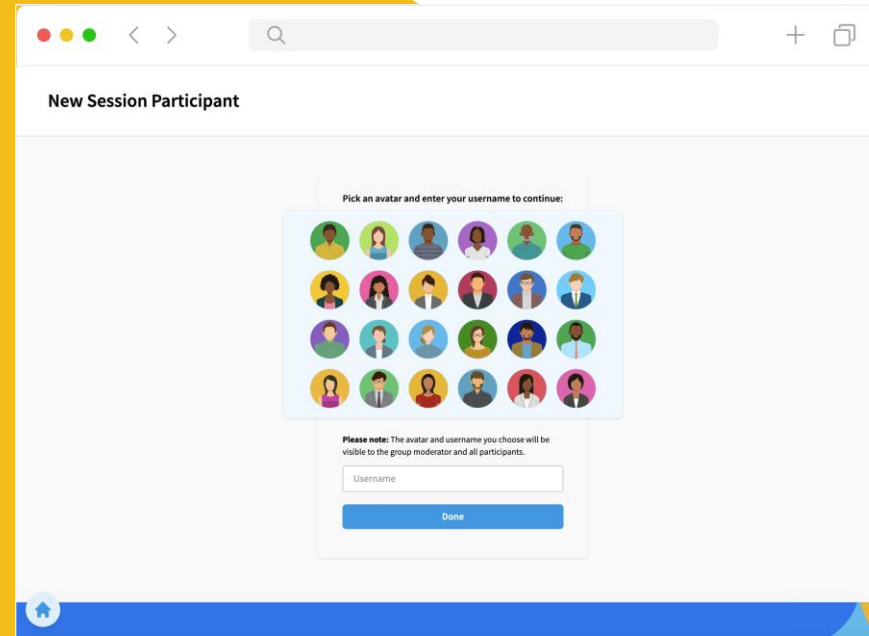


Digital Group Support

Live, moderated sessions

Provides confidential group sessions on a wide variety of topics via the desktop or mobile platform. Topics include:

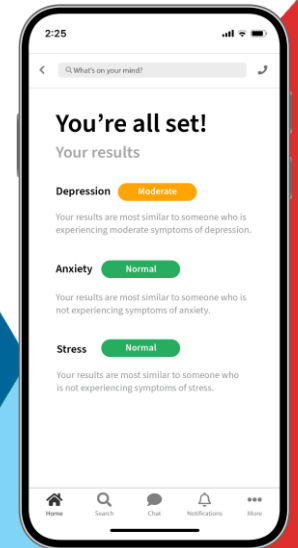
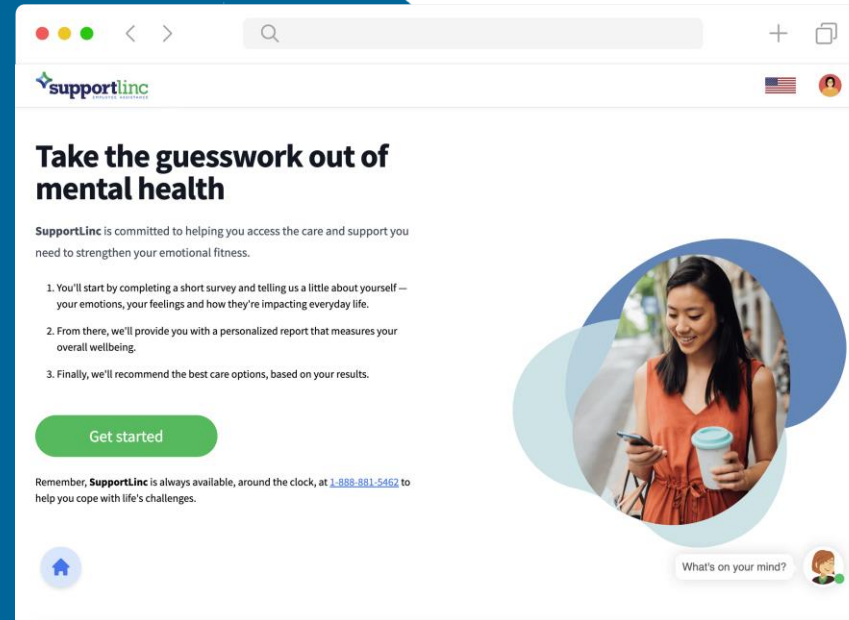
- Avoiding addiction
- Caregiver support
- Coping with stress
- Grief
- Mindfulness
- Preventing burnout
- Self care
- Sleep fitness



Mental Health Navigator

Take the guesswork out of your mental health

When life gets hectic, your emotional wellbeing can sometimes fall to the bottom of your to-do list. The Mental Health Navigator survey and personalized report make starting your journey easy and fast.



Mindstream™

A fitness studio for your mind



Wide range of topics

- ✓ Addiction
- ✓ DEI
- ✓ Emotional health
- ✓ Family and parenting
- ✓ Grief and loss
- ✓ Leading people
- ✓ Thriving at work
- ✓ Mindfulness
- ✓ Meditation
- ✓ Personal growth
- ✓ Physical health
- ✓ Relationships
- ✓ Sleep and rest
- ✓ Stress and worry

New sessions added weekly

Unlimited access

If You Don't Snooze, You Lose

5 sessions · 28 minutes

This five part series helps you understand how better sleep can improve your life.

Featuring

- Sleep 101 with Monte
- What Is Insomnia? with Jesse 8:36
- Circadian Rhythm with David 4:20

Resume stream ▶





Connect with us

1-888-881-LINC (5462)

supportlinc.com

Group Code: **vinebrookhomes**



wellbeing.place



@supportlinc