

Having a panic disorder doesn't mean I'm afraid of everything

Depression is not the same as having a bad day

Having anxiety doesn't mean I'm stressed about tomorrow's meeting

Bipolar disorder is not the same as being moody

My family issues don't impact my ability to do my job

Having OCD doesn't mean I'm "too organized"

Call SupportLinc anytime, around the clock, for help balancing your home life and your work life.

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