SupportLinc is the Clergy assistance program (CAP) for you and your immediate family members.

At some point in our lives, each of us faces a problem or situation that is difficult to resolve. When these instances arise, SupportLinc will be there to help. The SupportLinc clergy assistance program (CAP) is a confidential resource that helps you deal with life’s challenges and the demands that come with balancing home and work. SupportLinc provides confidential, professional referrals and up to six (6) sessions of face-to-face counseling sessions for a wide variety of concerns, such as:

- Anxiety
- Depression
- Marriage and Relationship Problems
- Grief and Loss
- Substance Abuse
- Anger Management
- Work-Related Pressures
- Stress

**Expert referrals and consultation**

Whether you are a new parent, a caregiver, selling your home or looking for legal advice, you’re likely to need guidance and referrals to expert resources.

- **LEGAL ASSIST** Free Telephonic or Face-to-Face Legal Consultation
- **FINANCIAL ASSIST** Expert Financial Planning and Consultation
- **FAMILY ASSIST** Consultation and Referrals for Everyday Issues, Such as Dependent Care, Auto Repair, Pet Care and Home Improvement

**Confidentiality**

SupportLinc upholds strict confidentiality standards. Nobody, including your employer, will know you have accessed the program unless you specifically grant permission or express a concern that presents us with a legal obligation to release information.

**Technology and your CAP**

**WEB**

- Thousands of Helpful Articles and Tip Sheets for Personal and Work-Related Topics
- Search Engines and Directories for Child Care, Elder Care, Education, Legal, Financial and Convenience Services
- Discounted Fitness Center Memberships
- Secure Video Counseling Through the eConnect® Portal
- 20-Minute eLearning Modules
- Bilingual Content (English and Spanish)

**MOBILE**

- eConnect® Mobile App for On-The-Go Access to the CAP
- Call or Live Chat with a Licensed Counselor
- Schedule Video or In-Person Counseling
- Review a Summary of the CAP

SupportLinc Phone: 1-888-881-LINC (5462)

SupportLinc Web: www.supportlinc.com

Username: igrc