

SupportLinc Employee Assistance Program offers expert guidance to help you address and resolve everyday issues



In-the-moment support

Reach a licensed clinician by phone 24/7/365



Short-term counseling

Access in-person or video counseling sessions



Financial expertise

Consultation and planning with a licensed counselor



Legal consultation

By phone or in-person with a local attorney



Convenience resources

Referrals for child and elder care, home repair, housing needs, education, pet care and so much more



Confidentiality

SupportLinc ensures no one will know you have accessed the program without your written permission except as required by law

Support for everyday issues.

Family and relationships

SupportLinc helps you build and maintain connections at work and home

Communication skills • Healthy relationships
Balancing work and family • Divorce or separation

Work-life balance

Balancing multiple demands just got easier with SupportLinc

Expert referrals to child care and elder care services
Legal and financial consultation • Identity theft recovery assistance • Referrals for pet care, home repair, travel and more

Stress

Everyday issues add up. When SupportLinc is part of the equation, life is easier to manage

Depression • Anxiety • Grief and loss • Managing change
Work-related pressures

Substance use

Get confidential and professional assistance when you need it most

Comprehensive assessment • Identify treatment options • Navigate benefits • Facilitate return to work
Support for continued sobriety

Emotional wellbeing and work-life balance resources to keep you at your best



GENERAL DYNAMICS



(888) 505-3745

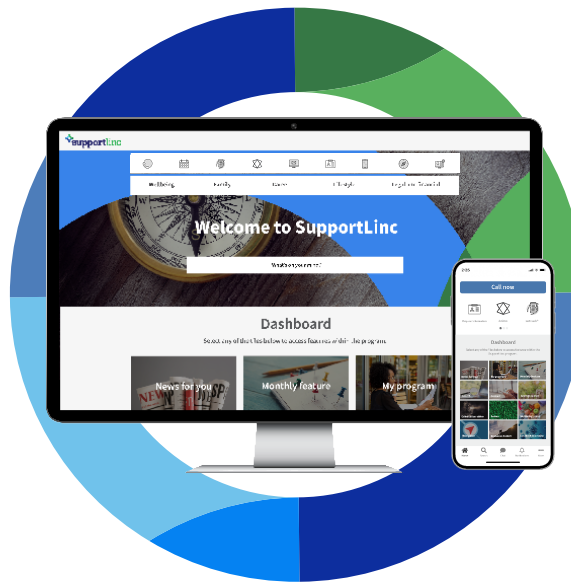
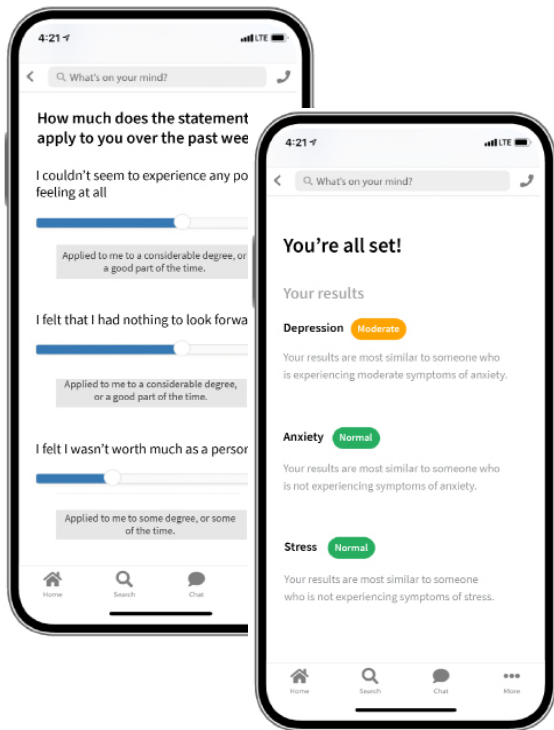


mygdsupport.com

Start with Navigator and take the guesswork out of your emotional fitness



Visit your web portal or mobile app and look for the Mental Health Navigator icon. Complete the short survey and you'll immediately receive personalized guidance to access support and resources.



Your web portal and mobile app

- Create a personal profile to access the program's web or mobile platform
- The one-stop shop for program services, information and more
- Discover on-demand trainings to boost your wellbeing and life balance
- Find search engines, financial calculators and career resources
- Explore thousands of articles, tip sheets, self-assessments and videos



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Download the mobile app by scanning this QR code.

group code: **generaldynamics**

Access support whenever it's needed, wherever is most convenient for you



(888) 505-3745

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



Email

Send a question to support@curalinc.com



Short code

Text "support" to 51230



Ask the expert

Request information or resources based on topic or concern



Live chat

Chat live with a licensed counselor through the mobile app



Real-time scheduling

Schedule care directly with a counselor or coach



Textcoach®

Personalized coaching on desktop or mobile



Animo

Digital behavioral health to improve your emotional fitness



Virtual Support Connect

Attend anonymous group support sessions on a variety of topics