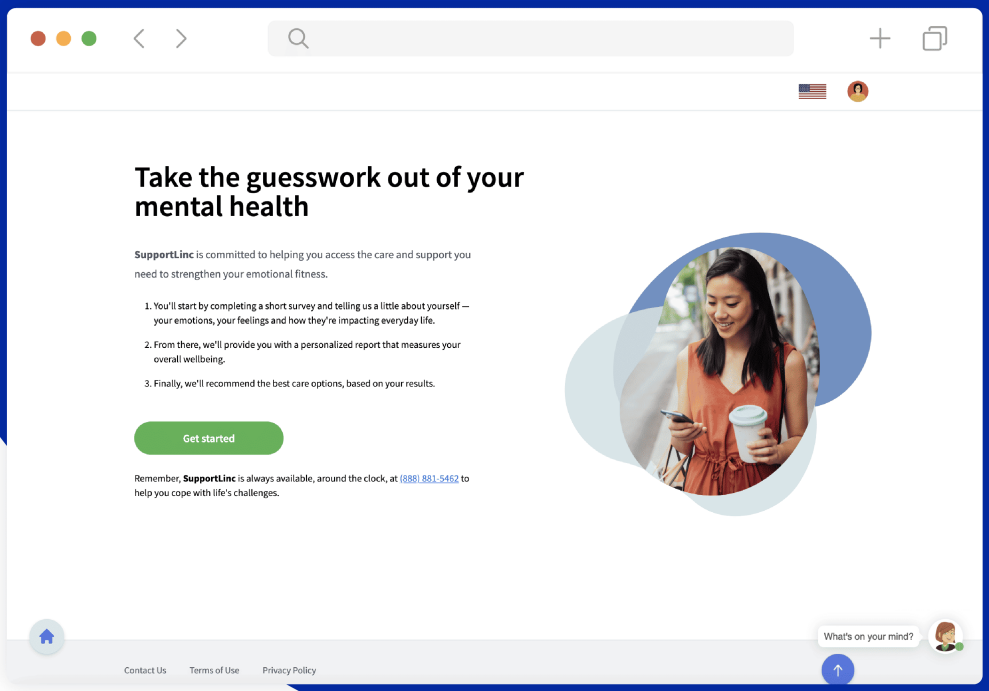
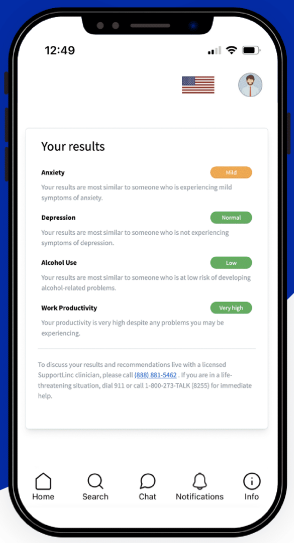
Mental Health Navigator

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. If you are coping with a stressful situation, uncertainty about the future or challenges at work or home, getting guidance on where to turn can be a big relief. Simply follow the steps to get started.

Easy and fast

Mental Health Navigator is just three simple steps:

1. You'll start by completing a short survey and telling us a little about yourself–your emotions, your feelings and how they're impacting everyday life.
2. Review your personalized report that measures your overall wellbeing and recommends care options.
3. Click the buttons next to the care recommendations for support and access a licensed clinician, coaching services, self-guided resources and more.

Get started!

supportlinc.com
Group code: psh

Download the mobile app today!

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