

SUPPORTLINC

FOR WESTERN DIGITAL EMPLOYEES

EMOTIONAL WELLBEING & WORK-LIFE BALANCE RESOURCES FOR YOU AND YOUR FAMILY

Life can sometimes present challenges or situations that are difficult to work out alone. The SupportLinc program is a confidential resource offering in-the-moment support and expert guidance to help you resolve concerns as well as balance home and work. You can access up to three (3) no-cost sessions of face-to-face counseling 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 budgeting advice, you're likely to need guidance and referrals to expert resources.

- **LEGAL CONSULTATION** By phone or in-person with a local attorney
- **FINANCIAL EXPERTISE** Planning and consultation with a licensed financial counselor
- **CONVENIENCE RESOURCES** Referrals for childcare, elder care, home repair, housing needs, education, pet care, adoption and so much more

CONFIDENTIALITY

SupportLinc upholds strict confidentiality standards. No one, 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.



GET STARTED



1-888-881-LINC (5462)



TEXT 'SUPPORT' TO 51230



WWW.SUPPORTLINC.COM

Username: wdc

CHOOSE HOW TO GET ASSISTANCE

IN-THE-MOMENT SUPPORT

- Reach a licensed clinician by phone 24/7/365

WEB PORTAL

- Explore on-demand training and practical resources to boost wellbeing and life balance
- Use search engines, financial calculators and career resources
- Find discounted gym memberships
- Access the secure video counseling portal

ECONNECT® MOBILE APP

- Program support and expert, searchable content at your fingertips
- Call or live chat with a licensed counselor

TEXT THERAPY

- Use Textcoach® to exchange text messages, voicenotes and resources with a licensed counselor, on desktop or mobile app

ANIMO

- Strengthen mental health and overall wellbeing using self-guided content, practical resources and daily inspiration

NAVIGATOR

- Take the guesswork out of your emotional fitness. Click the Navigator icon on the web portal or mobile app and complete a short survey to receive personalized guidance for accessing program support and resources

Western Digital