

Get help for yourself and/or your team

Resources are available through our Employee Assistance Program partner, SupportLinc.

1.888.881.LINC

SupportLinc.com (Username - nebraskamedicine)

Leader support

- SupportLinc offers managers expert consultation related to a variety of workplace issues, including:
 - Team member personal problems that interfere with work performance, attendance or attitude
 - Concern for employee safety
 - Training and education

Emotional well-being resources

- In-the-moment support by phone or live chat
- Face-to-face or virtual (video) counseling sessions
- On-site or virtual team sessions
- Text therapy
- Self-guided resources

In-the-moment support

For guidance from a licensed clinician to cope with and resolve a variety of issues including:

- Depression, anxiety or stress
- Grief and loss
- Relationship problems
- Family or parenting issues
- Substance abuse