



Support during FMLA

Life can bring unexpected changes. While you navigate those moments, the SupportLinc Employee Assistance Program (EAP) is here for you and your household members, ready to provide confidential support whenever and wherever you need it during your leave.

Reach out today for:

- In-the-moment support from a licensed clinician 24/7/365 to discuss stress, anxiety, depression, grief burnout and more
- Up to 6 sessions per concern with a counselor for support such as caregiver fatigue, managing the emotional toll of illness, loss or life transitions
- Digital resources within the SupportLinc web and mobile app such as tips for talking with a healthcare provider, navigating a diagnosis and more
- Legal consultations for questions regarding wills, power of attorney, healthcare proxy documents, medical debt and more
- Financial expertise with medical expense planning, debt management, budget planning while on unpaid leave, understanding how to stretch savings and cut back on unnecessary spending
- Dependent referrals such as home health care services, respite care and caregivers
- Daily convenience resources for household services, grocery delivery, meal preparation services, transportation assistance and more
- Access to digital group support groups and text therapy with topics such as preventing burnout, self-care, coping with stress for your emotional health



Download
the mobile
app today!



1-888-881-5462



mysupportlinc.com
group code: [sunbeltrentals](https://mysupportlinc.com)



Support during leave

Managing your work, family and personal well-being takes time and energy. When a leave of absence is thrown into the mix, additional stressors can take a toll on your overall health. Whether you are managing a leave of absence due to your own needs or caring for a loved one, your SupportLinc Employee Assistance Program (EAP) stands by, ready to help.

Reach out today for:

- In-the-moment support from a licensed clinician 24/7/365
- Up to 6 sessions with a counselor for you, your children and other household members to help you process any changes in health, navigate difficult conversations or general wellness needs
- Online resources, including videos, articles and tip sheets with information on self-care and caregiver support
- Legal consultations to discuss creating a last will and testament, advance directive and more
- Financial expertise to understand how to handle unexpected bills, debt consolidation or other financial challenges
- Dependent referrals for caring for your child or an aging parent
- Daily convenience resources for household services, grocery delivery, meal preparation services, transportation assistance and more
- Access to digital caregiver and grief therapy groups, text therapy and coaching for your emotional health



Download
the mobile
app today!



1-888-881-5462



mysupportlinc.com
group code: [sunbeltrentals](https://mysupportlinc.com)



Support during parental leave

Adding a new family member can be an emotional experience for every parent involved. The SupportLinc Employee Assistance Program (EAP) is here for you and your household members, ready to provide confidential support whenever and wherever you need it during your parental leave.

Reach out today for:

- In-the-moment support from a licensed clinician 24/7/365 to discuss stressors such as adjusting to parenthood, identify shift and sleep deprivation
- Up to 6 sessions per concern with a counselor to support stress, loneliness, isolation and more as well as couples counseling to navigate relationship changes or parenting dynamics
- Helpful articles and videos within the SupportLinc web and mobile app such as emotional fitness for new parents, bonding with your baby, baby first aid essentials, parenting tips and more
- Legal consultations related to family matters such as wills and guardianship
- Financial planning expertise to support budgeting with a new baby
- Referrals to vetted childcare providers and early education programs
- Daily convenience resources for household services, grocery delivery, meal preparation services, transportation assistance and more
- Access to digital group support groups, text therapy and coaching for your emotional health, including sleep fitness, mindfulness, meditation, self-care and more



Download
the mobile
app today!



1-888-881-5462



mysupportlinc.com
group code: [sunbeltrentals](https://mysupportlinc.com)



Support during maternity leave

Welcoming a new family member can bring a range of emotions. The SupportLinc Employee Assistance Program (EAP) is here for you and your household members, ready to provide confidential support whenever and wherever you need it during your maternity leave.

Reach out today for:

- In-the-moment support from a licensed clinician 24/7/365 to discuss balancing motherhood, self-care, post partum and more
- Up to 6 sessions per concern with a counselor to help you navigate motherhood, postpartum, stress management, relationships or general well-being needs
- Helpful articles and videos such as coping with a disability, bonding with your baby, tips for bringing your newborn home, strategies for managing parenting stress and more
- Access digital therapy groups and text therapy for topics such as self-care, stress management, mindfulness and resiliency
- Expert referrals for pelvic floor therapy, physical therapy and chiropractic care to support recovery
- Financial expertise to craft strategies around budgeting for baby essentials or discuss other financial challenges
- Dependent referrals for caring for your child, including childcare centers, family day care homes, nanny, nursery schools and more
- Daily convenience resources for household services, grocery delivery, meal preparation services, transportation assistance and more



SUNBELT
RENTALS®



Download
the mobile
app today!



1-888-881-5462



mysupportlinc.com
group code: [sunbeltrentals](https://mysupportlinc.com)



Support during disability leave

While being out on disability can make life's stressors more challenging, The SupportLinc Employee Assistance Program (EAP) is here for you and your household members, ready to provide confidential support whenever and wherever you need it during your disability leave.

Reach out today for:

- In-the-moment support from a licensed clinician 24/7/365 to discuss a wide array of concerns impacting your mental health and overall well-being
- Up to 6 sessions per concern with a counselor for you and other household members to help you process any changes in health, navigate change and overall well-being needs
- Online resources, including videos, articles and tip sheets for strategies to help cope with a new or chronic disability
- Access to digital therapy groups, text therapy and coaching for concerns such as stress management, self-care, sleep fitness and more
- Expert, local referrals for physical therapy, chiropractic care and alternative therapies
- Legal and financial consultations such as Social Security disability and disability benefits
- Financial expertise to understand how to handle unexpected bills, debt consolidation or other financial challenges
- Daily convenience resources for household services, grocery delivery, meal preparation services, transportation assistance and more



SUNBELT
RENTALS



Download
the mobile
app today!



1-888-881-5462



mysupportlinc.com
group code: [sunbeltrentals](https://www.sunbeltrentals.com)



Support during military leave

Military service is honorable and uniquely stressful for the service member and the family. The SupportLinc Employee Assistance Program (EAP) is here for you and your household members, ready to provide confidential support whenever and wherever you need it during military leave.

Reach out today for:

- In-the-moment support from a licensed clinician 24/7/365 for you or your family members to discuss anxiety, stress, grief and loss and other emotional concerns related to being a service member
- Personalized virtual or in-person short-term counseling support for up to 10 sessions per concern with a provider that meets your geographic, demographic and cultural preferences for concerns such as coping with physical or psychological wounds, including PTSD, reintegration challenges and more
- Helpful digital resources within the SupportLinc web and mobile app such as understanding military mental health, grief and loss for military families, tips for parenting when your spouse is deployed and more
- Legal consultations to discuss preparing a will before deployment, understanding military-specific credit protections and custody during military divorce
- Financial expertise to plan around military pay or unpaid leave
- Daily convenience resources for household services, grocery delivery, meal preparation services, transportation assistance and more



Download
the mobile
app today!



1-888-881-5462



mysupportlinc.com
group code: [sunbeltrentals](https://mysupportlinc.com)



Support during military leave

When a loved one serves in the military, the entire family serves too. Deployment, training, and reintegration can create emotional, legal, financial, and day-to-day challenges for spouses, children, and caregivers. The SupportLinc Employee Assistance Program (EAP) is available to family and household members, offering confidential support to help you feel supported and prepared every step of the way.

Reach out today for:

- 24/7 in-the-moment support from a licensed clinician to help spouses, children, and caregivers manage stress, anxiety, grief, worry, and the emotional impact of deployment or transition
- Personalized short-term counseling (up to 6 sessions per concern) for family members - virtual or in-person - with providers matched to your needs, preferences, and location
- Military-focused digital resources, including guidance on military family mental health, coping with separation, parenting during deployment, and reintegration after return
- Legal consultations to help families prepare wills and advance directives, understand military-specific credit protections, and navigate custody or family law considerations
- Financial guidance to help households plan for changes in income, military pay, unpaid leave, or unexpected expenses during military service
- Daily convenience services to reduce stress at home, including referrals for grocery delivery, meal preparation, transportation assistance, household services, and more



SUNBELT
RENTALS



Download
the mobile
app today!



1-888-881-5462



mysupportlinc.com
group code: [sunbeltrentals](https://mysupportlinc.com)



Support as you return to work

Returning to work after time away can feel overwhelming. Balancing your job responsibilities, family needs, and personal well-being all require time and energy- and the transition back can bring its own challenges. Whether your leave was for you or to care for a loved one, your SupportLinc Employee Assistance Program (EAP) is here to support you.

Reach out today for:

- In-the-moment support from a licensed clinician, available 24/7/365, to talk through questions, stressors, or concerns as you transition back to work
- Up to 6 counseling sessions to support your return to work, navigate important conversations, and strengthen overall well-being
- Online resources—including videos, articles, and tip sheets- focused on self-care, mindfulness, resilience, and adjusting to new routines
- Legal consultations for guidance on documents like a last will and advance directives, along with financial support to manage unexpected expenses or plan for financial changes during your transition
- Dependent care referrals to support caregiving needs for children, aging parents, or other family members.
- Daily convenience resources for household services, grocery delivery, meal preparation services, transportation assistance and more
- Digital emotional support options, including virtual support groups, text therapy, and coaching, to support your emotional health and prevent burnout during this transition



SUNBELT
RENTALS®



Download
the mobile
app today!

 **1-888-881-5462**
 **mysupportlinc.com**
group code: [sunbeltrentals](#)