

# BUILDING BETTER MENTAL HEALTH

## Tips to Restore Your Peace of Mind



May 2021

### **SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.**

Want to address a specific mental health concern, handle your emotions better or simply feel more positive and energetic? Many tools are available that you can use as building blocks to strengthen your emotional wellbeing and find a sense of inner calm.

SupportLinc provides confidential counseling, resources and referrals to help you take control of your mental health.

### **WEBINAR**

Building Better Mental Health  
Available May 1, 2021  
Located in the Monthly Feature Tile

Learn ways to promote strong mental health and improve your overall wellbeing.

**AMERICAN FIDELITY**   
a different opinion

**SUPPORT LINC**   
EMPLOYEE ASSISTANCE PROGRAMS

### **PHONE**

1-800-475-3EAP (3327)  
Confidential Assistance  
24 Hours a Day, 365 Days a Year

### **WEB**

[www.supportlinc.com](http://www.supportlinc.com)

### **MOBILE**

