Recognize World Mental Health Day

Prioritize mental health

October 10 is World Mental Health Day and a crucial reminder that mental health is a universal human right. Caring for your emotional, psychological and social wellbeing is vital to your overall health and happiness. Take a moment to raise awareness on World Mental Health Day by educating yourself about the importance of mental health and making space to support those who might be struggling.

SupportLinc offers a variety of resources, including in-the-moment phone support 24/7/365, coaching, counseling, online courses, videos and tip sheets. Visit your program's web portal or mobile app to get started.

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Download the mobile app today!

1-888-881-LINC (5462)

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