

RECOGNIZE

Understand addiction



Dependency on a substance or habit can be draining, get in the way of work, responsibilities, relationships and make everyday life challenging.

Your program offers a variety of resources to help you understand and navigate addiction, including in-the-moment phone support 24/7/365, coaching, counseling, online courses, videos and tip sheets.

Start by visiting the web platform or mobile app.

Take the next step in your wellbeing journey

mysupportlinc.com
1-888-881-LINC (5462)

