



Life happens

SupportLinc offers emotional wellbeing and work-life balance resources to help you be your best



Download the
mobile app today!



800-699-9868



supportlinc.com
group code: **sysco**



Stress and
anxiety



Depression
and burnout



Relationship
problems



Financial or
legal issues



Substance
use



Grief and
loss

Support for everyday issues. Every day.

Call anytime, 24/7/365, for in-the-moment support and guidance.

Access up to five (5) counseling sessions, in-person
or via video, at no cost to you.