CARE

Lift low moods



It's common to feel down from time to time when life gets tough, but experiencing ongoing sadness, helplessness or worthlessness may be a sign of depression. It's important to recognize that you're not alone.

Your program offers a variety of resources to help you understand and navigate low moods, 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.

supportlinc
EMPLOYEE ASSISTANCE

Download the mobile app today!

800-475-3327

supportlinc.com
group code: **glynncountyschool**