

Trying to manage everything at once can lead to a state of emotional, physical and mental exhaustion known as burnout. More than everyday stress, you may start to feel disconnected and short-tempered. By prioritizing your wellbeing, recovery is possible.

Your program offers a variety of resources to help you rebuild energy through rest and self-care, 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**