We are a Catholic organization serving other Catholic organizations with affordable health and benefits coverage tailored to the unique needs of each member organization. We understand the Church because we are part of the Church.

Health Solutions

SupportLinc

Support your employee's peace of mind—offer the help that is there when you need it.

Everyday life requires a myriad of decisions of which expert advice and resources can make the difference in making financial, legal or caregiver decisions. Employers who offer coverage through the Christian Brothers Employee Benefit Trust (CBEBT) and have purchased the Employee Assistance Program* have access to CuraLinc's EAP, SupportLinc.

EAPs are employer-sponsored employee benefits that address a wide array of concerns affecting mental and emotional well-being, such as depression, stress, anxiety, grief, family problems, relationship issues as well as alcohol or other substance abuse concerns.

Benefits of EAP

Source: CuraLinc Healthcare EAP Case Study

- **Higher productivity**—More than 75% of employees reported improved productivity
- **Lower rates of depression**—More than 98% of EAP participants with depression improved
- **Reduced absenteeism**—Time missed from work dropped from 11.6 hours to 2.1 hours
- **Less risk of alcohol abuse**—Nearly 92% of employees reduced their risk of alcohol abuse

SupportLinc offers confidential and professional support, including the following resources, at no cost to a member or their family:

- **Short-term counseling**
  All employees and benefit-eligible family members may receive up to five (5) in-person counseling sessions with a licensed clinician to address issues such as depression, stress, relationship problems, grief, substance abuse, anxiety or other emotional health concerns.
- **Free legal services**
  Free telephonic or (30-minute) face-to-face consultation with a local attorney.
- **Expert referrals**
  Referrals to resources that help address a wide range of issues such as child or elder care, adoption, pet care, home repair, education and housing needs.
- **Free financial services**
  Expert financial planning and consultation through a network of licensed financial counselors.
- **Web portal**
  Access to thousands of articles, tip sheets and videos covering a wide array of health, well-being and work-life balance topics. The site also contains child and elder care search engines, reference libraries, legal and financial resources, self-improvement programs and educational training modules.
- **Mobile App**
  The SupportLinc eConnect® mobile app, allows you to talk or chat directly with a SupportLinc counselor or schedule a time for SupportLinc to call you.
- **Textcoach™**
  Through a secure desktop and mobile platform, licensed counselors help members boost emotional fitness and wellbeing via an exchange of text messages, voice notes, tip sheets, resource links and videos.

Session Information

- Telephonic counseling is unlimited.
- Five face-to-face, video and texting sessions are covered.
- Each week of texting is equivalent to one session; a five-session model includes five weeks of texting with a coach.

In all cases, services offered are conducted by licensed mental health clinicians. A provider within the EAP network will be used for face-to-face and video sessions.

All requests for information or assistance through the SupportLinc program are free of charge, completely confidential and offered 24/7/365.

*Contact cbebt@cbservices.org for Curalinc's EAP pricing.

CHRISTIAN BROTHERS SERVICES

supportlinc EMPLOYEE ASSISTANCE

For over 60 years, Christian Brothers Services has been a trusted partner for Catholic institutions, offering cost-effective health coverage, retirement planning, property protection, and expert consulting. Let us handle the details so you can focus on your mission. Visit cbservices.org to learn more.