supportlinc | Yavapai College
EMPLOYEE BENEFITS

Your Employee Assistance Program (EAP)

Confidential support and resources to help you and your family navigate life's challenges, build resilience, and maintain your overall well-being.

Get Support Anytime

1-888-881-5462
Speak with a licensed clinician 24/7/365

supportlinc.com
Group code: **yavapai**

Access support online or by phone

How SupportLinc Can Help

In-the-Moment Support
Reach a licensed clinician by phone 24/7/365 when you need immediate assistance.

Short-Term Counseling
Access no-cost, confidential counseling (in person or virtual) for stress, anxiety, depression, burnout, substance use, and more.

Coaching
Work with a coach to boost your emotional fitness, learn healthy habits, build resilience, and reach your goals.

Work-Life Benefits
Get expert guidance and referrals for financial, legal, family, caregiving, pet care, home improvement, and other everyday concerns.

Confidentiality
Your privacy matters. Services are confidential, and no information is shared with Yavapai College without your written permission, except as required by law.



Your Web Portal & Mobile App

- ✓ Create a personal profile for quick access
- ✓ Get counseling and coaching recommendations
- ✓ Exchange text messages with a Coach
- ✓ Attend anonymous group support sessions
- ✓ Explore self-guided tools, career resources, articles, tip sheets, and more

Start with Mental Health Navigator

Take the guesswork out of your emotional fitness! Visit the web portal or mobile app to complete a short Mental Health Navigator assessment. You'll instantly receive personalized guidance to access the right care and support for your needs.

Confidential Support. Your Privacy Matters.
Access professional guidance and resources with strong privacy protections.