**Digital group support** 

Live, moderated sessions

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Contact Us Terms of Use Privacy	Policy	What's on your mind?	Support function characteristic plasma call BMS BMS 3562. Physica are in a Bit- thromating structure, dial 911 or call 1 = 00.0737 MLX (2255) for immediate https://

When you are coping with a challenge at home or work, group support can offer perspective, encouragement and, most importantly, the reassurance that you are not alone. Join confidential group sessions on various topics via the desktop or mobile platform. Answer questions, participate in activities and provide feedback anonymously.

## **Confidential group support**

## Get started with these simple steps:

- 1. Visit your web or mobile platform
- 2. Create account and enter your group
- 3. Find the Digital group support tile on the dashboard
- 4. Click to create an avatar and username
- 5. Select a topic session

## Topics include:

- Avoiding addiction
- MindfulnessPreventing burnout
- Caregiver supportCoping with stress
- Self-care

• Grief

Sleep fitness

## **Get started!**

supportlinc.com Group code: nfp



Download the mobile app today!

