

# HEALTHY WAYS TO COPE

## Avoiding Addiction During Challenging Times



July 2020

### SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

During stressful times, turning to unhealthy coping mechanisms such as alcohol and other substances may lead to overuse and even addiction. Substance abuse affects your performance and relationships at work and home.

Your program provides confidential counseling, resources and referrals to give you tools to stay healthy and substance-free.

### WEBINAR

Avoiding Addiction  
Available July 1, 2020  
Located in the Monthly Feature Tile

Learn healthy coping strategies for managing negative emotions and avoiding addiction during periods of increased stress.

SUPPORT  LINC  
EMPLOYEE ASSISTANCE PROGRAMS

### PHONE

1-888-881-LINC (5462)  
Confidential Assistance  
24 Hours a Day, 365 Days a Year

### WEB

[www.supportlinc.com](http://www.supportlinc.com)

### MOBILE

