



Program Overview

Support for emotional wellbeing and
work-life balance to help you thrive

Scan the QR code to
download the
mobile app
group code: frontierairlines





What is SupportLinc?

Support for everyday issues. Everyday

A FREE and CONFIDENTIAL mental health benefit offered by Frontier Airlines and separate from your medical insurance.

- No-cost, free, confidential program available to you and your family
- Emotional wellbeing resources
 - In-the-moment support by phone or live chat
 - Face-to-face or virtual counseling sessions
 - Text therapy
 - Self-guided resources
- Work-life balance support
 - Expert consultations

Who is eligible for the program?



The
Employee



Spouse and
dependents



Household
members



Emotional wellbeing resources to keep you at your best

SupportLinc offers expert guidance to help address and resolve everyday issues. Access support whenever, wherever is most convenient for you.



Phone

In-the-moment support from a licensed clinician 24/7/365



Email

Send in your questions or connect with a counselor



Live chat

Chat live with a licensed counselor through the mobile app



Text

Text support to 51230



Real-time Scheduling

Schedule care directly with a counselor or coach



Counseling

Access in-person or video counseling sessions



Coaching

Boost your emotional fitness, learn healthy habits and establish new routines



Text therapy

Exchange text messages with a Coach



Virtual group support

Attend an anonymous group support session



Web platform and app

Personalized support on any device



In-the-moment support

From a licensed clinician

Available 24/7/365!

For guidance to cope with and resolve a variety of issues including:

- ✓ Depression, anxiety or stress
- ✓ Grief and loss
- ✓ Relationship problems
- ✓ Family or parenting issues
- ✓ Substance use



Short-term counseling

In-person or virtual (video)

3 sessions, per issue, per year, per household member

- ✓ Comprehensive assessment by a clinical professional
- ✓ Identification of your primary concern
- ✓ Recommended next steps
- ✓ Referrals to conveniently-located, local providers with available appointments or other appropriate resources
- ✓ Referral within your health plan network



Your digital experience

Support that meets you where you are

- ✓ Personalized support that fits your needs
- ✓ Easier ways to connect with care
- ✓ Interactive mental health journeys for continued growth
- ✓ Tools to help you recharge and track progress
- ✓ Mental health check-in that helps you understand how you're feeling and identify next steps

[Demo](#)





Text therapy

A flexible way to connect

- ✓ Support from a Coach on your schedule, without appointments
- ✓ Convenient, confidential way to talk through everyday challenges
- ✓ Steady guidance to help you manage stress and feel more grounded
- ✓ Quick routing to additional care if something feels more urgent



Digital group support

Space to share, reflect and feel less alone

- ✓ Comprehensive assessment by a clinical professional
- ✓ Anonymous, text-based group sessions led by a moderator
- ✓ Supportive space to listen, learn and feel understood
- ✓ Topics include stress, caregiving, grief, burnout and more
- ✓ Unlimited access — join as often as you'd like



Work-life Benefits

Explore tools and resources to enhance your quality of life



Legal consultation

- Free in-person or telephonic consultation



Financial consultation

- Guidance and consultation from financial planners and budget specialists



ID theft consultation

- Free consultation and tailored recovery action plan



Dependent care resources

Child care referrals

- Daycare centers
- Home child care
- Nannies
- Recreational programs

Elder care referrals

- Adult daycare
- Assisted living
- Home health care
- 'Meals on Wheels'
- Retirement communities



Convenience and concierge resources

Expert referrals for everyday needs

- Home improvement
- Entertainment services
- Pet care
- Auto repair
- Wellness
- Travel
- Plumbers and handymen
- Volunteer opportunities

Connect with us

Your program is here to support you



Call **1-888-881-LINC (5462)** to speak with a Care Advocate 24/7/365



Visit the portal at
mysupportlinc.com
group code: **frontierairlines**



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download the **mobile app**
group code: **frontierairlines**

