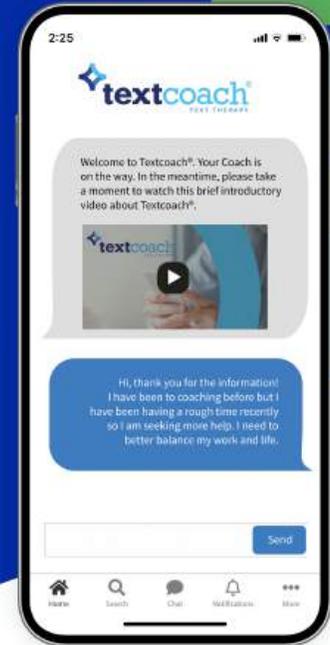




Textcoach®

Coaching that puts wellbeing at your fingertips



Textcoach® is like having a mental health “Coach” in your pocket! Designed to help address anxiety, depression, burnout and other concerns while on the go, Textcoach® allows you to begin texting with a licensed clinician on your mobile or desktop device. Exchange texts, voice notes, videos and resources to help boost your emotional wellbeing by downloading the app or visiting the website.

Features

Textcoach® conveniently provides:

- 100% confidentiality
- A stigma-free access point
- Connection via mobile and desktop devices
- Texting whenever and wherever
- Independently-licensed clinicians
- Voice notes, tip sheets, articles, videos and more
- Referrals to local mental health professionals

Get started!

supportlinc.com

Group code: [southcountyhealth](#)



Download the mobile app today!

