



# YOUR WELL-BEING MATTERS. SUPPORT IS HERE WHEN YOU NEED IT.

## CHECK OUT OUR NEW EMPLOYEE ASSISTANCE PROGRAM

Life can be demanding, and taking care of your mental and emotional well-being is essential. That's why we've switched our Employee Assistance Program (EAP) partner to SupportLinc to make it easier and more accessible for you (and your family!) to get the care you deserve. Whether you're navigating stress, balancing work and home, or facing personal challenges, our new EAP offers FREE, confidential, 24/7 support and compassionate resources designed to help you and your family feel your best—every step of the way.

### IMPROVED EAP BENEFITS THROUGH SUPPORTLINC



#### Licensed Therapists

Receive immediate support from a licensed therapist when you call SupportLinc.



#### Increased Sessions

Participate in up to EIGHT (8) free confidential sessions (up from six!).



#### Texting Solutions

Textcoach® is a mental health coach in your pocket. Text with a licensed clinician anytime.

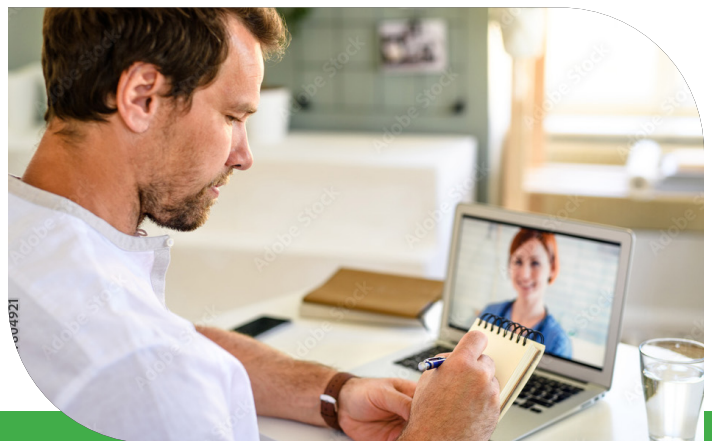
#### GET STARTED!



Scan the QR code to create a SupportLinc account at [mysupportlinc.com](https://mysupportlinc.com).

Group code: trinityindustries

Phone #: 888-881-5462



#### VISIT OUR BENEFITS RESOURCE SITE.

All your mental health resources in one place. Go to [trinbenefits.net](https://trinbenefits.net) or scan this QR code for the Benefits Guide, videos, and a link to additional mental health benefits.