

Program toolkits

Trying to find the exact resources you need can sometimes be challenging. Each of these interactive toolkits provides a comprehensive guide on specific topics. Explore conveniently packaged tip sheets, videos, flash courses, audio lessons and more to help enhance overall mental health and wellbeing.



Mental Health Toolkit

Develop skills to identify, understand and respond to signs of mental illness.
www.mhfirstaid.tools



Critical Incidents Toolkit

Learn practical steps and helpful coping skills to manage the emotional distress that often accompanies these events.
www.criticalincidents.tools



Resiliency Toolkit

Overcome various challenges with resources to apply energy and passion into taking care of yourself.
www.resiliency.tools



Natural Disaster Toolkit

Cope with stressors that accompany disasters and discover information on preparedness, communication plans, cleanup efforts and more.
www.naturaldisaster.tools



Mindfulness Toolkit

Discover the benefits of mindfulness, navigate distractions and live fully in the present.
www.mindfulness.tools



Addiction Toolkit

Understand the types of addiction and get the support you need.
www.addictionToolkit.tools



Meditation Toolkit

Boost self-confidence, empathy, compassion and patience to find peace and clarity.
www.meditate.tools



Supervisor Toolkit

Empower supervisors with essential skills to develop and manage high-performing teams for higher retention, engagement, organizational performance and faster career advancement.
www.supervisor.tools



Sleep Fitness Toolkit

Learn habits to get a good night's sleep instead of tossing and turning.
www.sleepfitness.tools



Grief and Loss Toolkit

Equip yourself with knowledge, support and the right tools to discover a way to live with grief and move forward.
www.griefandloss.tools



Additional resources

Tap into an extensive library of fresh content to help improve and support your emotional, physical and overall wellbeing.
www.wellbeing.place



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