

June is Men's Health Month

Take charge of your health

Did you know the average male life expectancy is five years less than females? Or that depression affects more than six million men each year and often goes undiagnosed? Men's Health Month is an excellent time to be aware of the many unique health concerns men face. Whether it's remembering to get your annual checkup or visiting a counselor for the first time, don't forget to take care of your wellbeing this June and always.

SupportLinc offers a variety of resources, including in-the-moment phone support 24/7/365, coaching, counseling, online courses, videos and tip sheets. Visit your program's web portal or mobile app to get started.



Download
the mobile
app today



1-888-881-LINC (5462)

supportlinc.com