



Real-time scheduling



While you can choose to begin your mental health care journey by phone, text or live chat, you may prefer to take control of your care plan by scheduling treatment directly with a counselor or Coach. Telebehavioral (video) counseling or coaching sessions can be scheduled in as little as 24 hours.

Convenient and fast

Real-time scheduling provides:

- The ability to schedule counseling or coaching sessions on a date and time that works for you through desktop and mobile platforms.
- Choice of a provider who meets your gender, race, language or specialty preferences.
- Access to quality care that helps strengthen your emotional fitness and improve wellbeing.

Get started!

mysupportlinc.com
Group code: [lineage](#)



Download the
mobile app today!

