

Find balance this school year

Homework, hobbies, making new friends, and other obligations can make heading back to school challenging for both parents and students. **Creating a clear routine and setting priorities** can help you stay organized, protect your time, and balance competing responsibilities.

August is Back-to-School Month—a great time to reset and build healthy habits. Take small, intentional steps to help you reduce stress, improve focus, and start the school year with confidence.

SupportLine offers various resources, including 24/7/365 in-the-moment phone support, coaching, counseling, online courses, videos, and practical tip sheets—so help is always within reach, for you or someone you care about.

**Visit your program's web platform
or mobile app to get started.**



Take the next step in your wellbeing journey

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1-888-881-LINC (5462)

