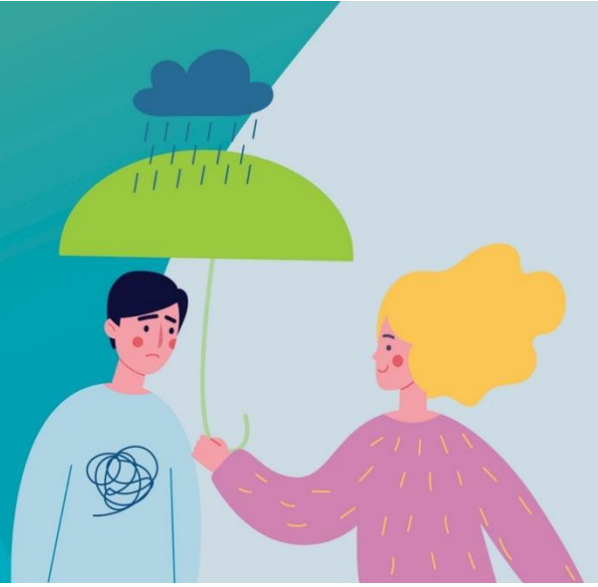
Help When You Need It.

Your **Free** and **Confidential** employee mental wellbeing benefit

For **University of San Francisco.**

Available at no cost to all benefit-eligible employees, your spouse/domestic partner, and dependent children up to age 26.



Confidential Counseling

In-Person | Telephone | Video | Text | Chat

Support from experienced, licensed counselors for help with things like:

- Anxiety
- Stress
- Grief and loss
- Substance use
- Depression
- Major life changes
- Relationships
- Emotional wellbeing

Your Benefits:

Up to **ten (10) visits** per person, per issue, per 12-month period.*

Work-Life Resources and Referrals

Access **financial** and **legal** consultations, **ID theft** services, **adult care** resources, plus **parenting** and **childcare** referrals.

Your Benefits:

Financial. Up to two free 30-minute phone consultations per issue per year with a money coach.

Legal. Free 30-minute consultation per issue per year with a qualified attorney. 25% discount off normal hourly rates if you retain their services.

Coaching

Learn new skills, set goals, take action, and lower stress.

Your Benefits:

Personal Coaching. Four 30-minute phone sessions per 12-month period with certified coaches.

Parent Coaching. One 60-minute startup call and two 30-minute follow-up calls per year with experienced professionals.

Digital Program

Your Benefits:

OurRelationship Online Program. For couples or individuals who want to improve their relationships. Self-paced or guided by a program coach.

Marital Dispute Advisors. Get help understanding the legal, financial, emotional, and practical aspects of marital/LTR transitions.

Your company code
USF

Getting Started Is Easy

Available 24/7. Call **800.344.4222** or visit **employees.concernhealth.com:** log in with your company code and click on "Get Services."

Or **scan this QR code** to get to our digital hub for access to all services. **

**Concern requires clinical review if a third case is requested within a 12-month period.*

***To request services for a child to age 17, call Concern.*

Concern