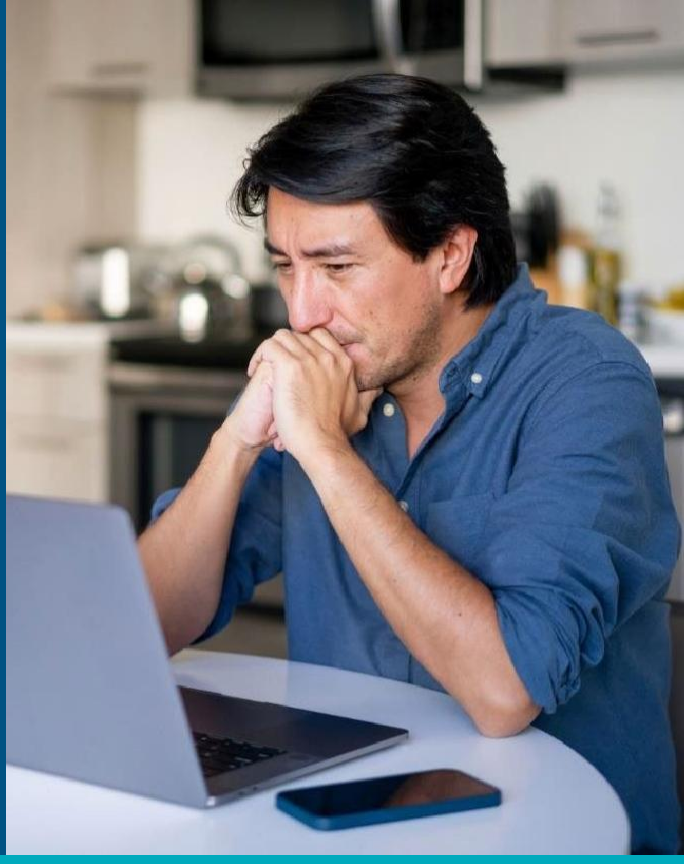
Concern

FREE AND CONFIDENTIAL

# In crisis, overwhelmed, or just want to talk?

Someone is ready to listen, any hour of any day.



## 800.344.4222

Call any time, day or night

**Answered by licensed mental health professionals**

## WHAT HAPPENS WHEN YOU CALL

### You reach a real person

Unlimited access to mental health professionals, 24 hours a day.

### You talk it through

A crisis, an urgent worry, or just a hard day you need to unload.

### You leave with a plan

Practical next steps, worked out together before the call ends.

### You stay connected

If you want ongoing support, we help you find it and follow up.

**In the moment support does not count toward the counseling sessions available to you.*

### Scan the code to access your Concern benefits.

**app.concernhealth.com** your Digital Hub, available 24/7, Free and confidential, for you and your family.

Concern