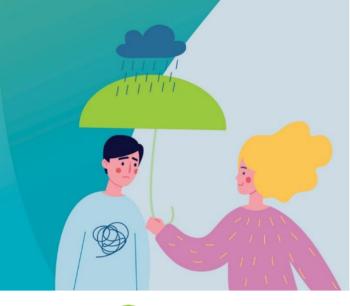
# Help When You Need It.

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 problem type, per 12-month period



## 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 Programs**

#### **Your Benefits:**

eM Life. Learn new skills with evidence-based guided mindfulness training app. OurRelationship. For couples or individuals who want to improve their relationships. Self-paced or guided by a program coach.



### **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.

## 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.

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



