

# 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



## 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 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.

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.*

