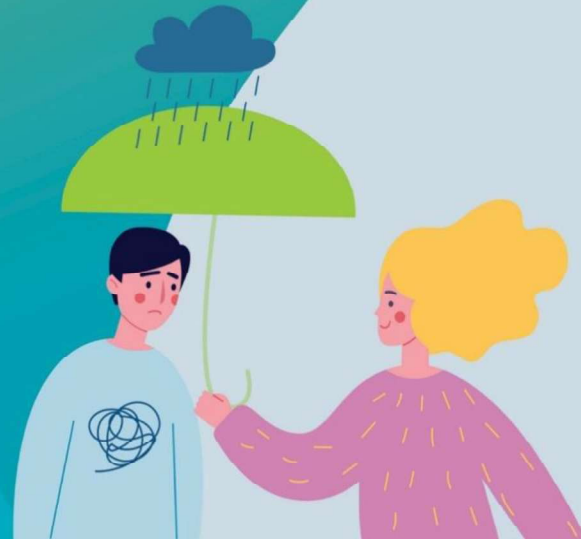


Help When You Need It.

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 Program

Your Benefit:

Our Relationship Online Program

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.*

