

## University of San Francisco

Your all-in-one mental health,  
employee wellbeing solution  
at no cost to you or your family



### HELP WHEN YOU NEED IT\*



#### Confidential Counseling\*

In-person, Telephone, Video, Text, Chat

Experienced, licensed counselors help with:

- . Stress, anxiety
- . Major life changes
- . Communication
- . Grief and loss
- . Relationships
- . Substance abuse
- . Emotional wellbeing
- . Job stress

#### In-the-Moment Support

In distress or just want to talk? Maybe you're worried about kids, anxious about work, or had a fight with a family member. A Concern counselor is here to listen and help you plan a positive next step.

#### Work-Life Resources

Receive expert guidance for life's expected and unexpected events, helping you find a happier balance at home and less distraction at work. Help with **financial\*** issues, **legal\*** concerns, **adult care\*** resources, **parenting and childcare\*** referrals.

#### Guided Mindfulness

Full suite of live and on-demand mindfulness solutions designed for daily use. Discover resources to help you build and sustain healthy habits. Access through your digital dashboard.

#### Resource Library\*

Tools and resources organized by topic with articles, toolkits, webinars, apps, assessments, videos, podcasts, newsletters, and so much more. Click "Services and Resources by Topic" on portal.

### GETTING STARTED IS EASY

Just call **800-344-4222** 24/7 or visit **employees.concernhealth.com\*** and log in with your company code **USF**. Then click on "Get Services" to create your confidential digital dashboard. Check out **this video\*** for a brief introduction to Concern.

### YOUR BENEFITS

Your Concern benefit is available all benefit-eligible employees, your spouse/domestic partner, and dependent children up to age 26.

- **Counseling.** Up to **8** visits per person, per issue, per year
- **Financial.** Free one to two 30-minute phone consultations with a financial specialist. 25% discount off regular rates if continue services.
- **Legal.** Free 30-minute consultations with a qualified attorney. 25% discount off normal hourly rates if you retain their services.

*\*Open links for more detail*