



## In the Moment Support for Adjunct Faculty and Part Time Staff at USF

Support. Just When You Need It.



*was difficult for me to admit that I needed help, but the adviser at Concern was professional, discrete and understanding. I feel like Concern's guidance has put my life back on a positive path."*

It's not always easy to maintain a sense of balance in these challenging times, while meeting the demands of your job and your life outside of work. You may be dealing with stress, anxiety, conflict and sadness that everyone experiences from time to time as part of daily life.

Often we deal with these situations on our own or with the help of family and friends. However, if that doesn't seem to be enough, or if you feel overwhelmed and stressed, it might be time to consult with a professional.

### **Sometimes it helps to talk to an experienced adviser.**

Concern offers free, in-the-moment consultations to adjunct faculty and part time staff at USF who wish to address personal or work issues.

**What can I expect?** Our skilled clinical advisers will help you define the nature of the problem and develop a plan of action to help resolve your concerns. They can refer you to community resources where you can receive ongoing support.

**Is it confidential?** Concern will not reveal your information to anyone, including your employer.

**How do I reach out?** Call our toll-free number. Representatives are available 24 hours a day, 365 days a year to refer you to a Concern clinical manager for a consultation

**Call: 800.344.4222**

