



City of San Rafael - FIRST RESPONDERS

Employee Services. Personalized solutions for mental health and work-life challenges

Help, when you need it. Concern is easy to access online or by phone 24/7. All services are completely confidential and at no cost to you or your family.

Confidential Counseling

In-person, Telephone, Video, Text, Chat

First responder specialty panel counselors are available.

Experienced, licensed counselors can help with:

- . Stress, depression, anxiety
- . Major life changes
- . Communication issues
- . Anger, grief, loss
- . Relationship conflicts
- . Substance abuse
- . Emotional wellbeing
- . Job stress, work conflicts

Work-Life Balance

Expert advice and customized resources to help with life's ups and downs.

- **Financial Consultation**
Certified financial advisers help with a wide range of issues such as tax questions, investments, retirement planning, getting out of debt, and saving for college
- **Legal Consultation**
Talk with a qualified attorney on issues about divorce and family law, landlord/tenant issues, wills and trusts, immigration, identity theft, and more
- **Parenting & Adult Care**
Our specialists do the research for you, providing curated resources for parenting and childcare, help for aging parents or disabled family members. New parents receive a complimentary New Baby Kit.

Call **800-344-4222** 24/7 or visit **employees.concernhealth.com** and log in with your company code **San Rafael** for easy access to all available Concern services. Check out **this video** for a brief introduction to Concern

Services & Resource Library. Easy to access self-help tools organized by topic with articles, apps, and videos. Topics include Success at Work, Relationships, Emotional Wellbeing, and Healthy Habits.

Your Concern benefit is available to all first responders and your household members.

- **Counseling.** Up to **10** sessions per person, per issue, per year.
- **Financial.** Up to two 30-minute consultations per issue, per year, with reduction in standard fee if you retain their services.
- **Legal.** 30-minute consultation per issue, per year. If you retain the attorney, you will receive a 25% reduction off their normal hourly rate.

