HELP WHEN YOU NEED IT*

**Confidential Counseling***
In-person, Telephone, Video, Text, Chat
*First Responder specialty panel counselors help with:*
  - Stress, depression, anxiety
  - Relationships
  - Major life changes
  - Substance abuse
  - Communication issues
  - Emotional wellbeing
  - Anger, grief, and loss
  - Job stress, work conflicts

**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.

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**City of Santa Rosa**
**FIRST RESPONDERS**
Your all-in-one mental health, employee wellbeing solution at no cost to you or your family

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

Your Concern benefit is available to all full-time Fire Department and Police Department employees working 20 or more hours per week and to your spouse/domestic partner and dependent children up to age 26.

**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 service

**Legal.** 30-minute consultations with a qualified attorney per issue, per year. If you retain the attorney, you will receive a 25% discount off normal hourly rates.

*Open links for more detail*