

# Help When You Need It

Concern. The all-in-one employee mental health and emotional wellbeing solution for City of Sacramento – Public Safety

**Available at no cost to:** Public Safety employees, and their spouse/domestic partner, and dependent children up to age 26.



## Confidential Counseling

In-person | Telephone | Video | Text | Chat

Licensed, culturally competent, trauma-trained counselors for help with things like:

- ✓ Anxiety
- ✓ Stress
- ✓ Grief and loss
- ✓ Substance use
- ✓ Depression
- ✓ Major life changes
- ✓ Relationships
- ✓ Emotional wellbeing

### Your Benefits:

Up to **seven (7 visits)** per person, per issue per 12-month period.



## Work-Life Resources and Referrals

Access **adult care** resources, **ID theft** services, **parenting and childcare** referrals, plus **financial** and **legal** consultations.

### Included:

**Financial.** Up to two free 30-minute phone consultations per issue per year with a financial specialist.

**Legal.** Free 30-minute consultation per issue per year with a qualified attorney. 25% discount off normal hourly rates if you retain their services.



## Parent Coaching

Learn new skills, set goals, take action, and lower stress.

### Your Benefits:

**Parent Coaching.** One 60-minute startup call and two 30-minute follow-up calls per year with experienced professionals.



## Guided Mindfulness

A full suite of live and on-demand mindfulness solutions to build and sustain healthy habits.

### Your Benefits:

Full access to **eM Life mindfulness training** via Concern's digital platform.

Your company code  
**cityofsacramento**

## Getting Started Is Easy

Available 24/7. Call **800.344.4222** or visit **employees.concernhealth.com** and log in with your company code. Then click on "Get Services" to set up your confidential digital dashboard. (To request services for a child up to age 17, call Concern.)

Scan this QR code to check out our video for a brief introduction to Concern.

