



City of San Jose Sworn Employees

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

First Responder specialty panel counselors help with:

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

Coaching

Learn new skills, enhance mood, and lower your stress. Through the process of goal setting and taking specific actions, you can improve your job and life satisfaction. Focus on sleep, burnout, work-life balance, weight management, and more.

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.

GETTING STARTED IS EASY

Just call **800-344-4222** 24/7 or visit **employees.concernhealth.com*** and log in with your company code **sanjose**. 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 sworn police and sworn fire employees designated to work 20+ hours per week and to your spouse/domestic partner and dependent children up to age 26.

Counseling. Up to **20** sessions per person, per incident, per 12-month period.

Coaching. Four 30-minute phone sessions per 12-month period with an experienced, certified coach

Financial. Up to two 30-minute consultations per issue, per 12-month period with certified financial specialist.

Legal. 30-minute consultations with a qualified attorney per issue, per 12-month period. If you retain the attorney, you will receive a 25% discount off normal hourly rates.

**Open links for more detail*