

# Help When You Need It.

Your Free and Confidential employee mental wellbeing benefit

For **City of Mountain View Non-First Responders.**

Available at no cost to all full-time and part-time employees working 20 or more hours per week, your spouse/domestic partner, and dependent children up to age 26.



## Confidential Counseling\*

**In-Person | Telephone | Video | Text | Chat**

Support from experienced, licensed counselors for help with things like:

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

### Your Benefits:

Up to **eight (8) visits** per person, per problem type, per 12-month period



## Work-Life Resources and Referrals

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

### Your Benefits:

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

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



## Coaching

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

### Your Benefits:

**Personal Coaching.** Four 30-minute phone sessions per 12-month period with certified coaches.

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



## Digital Program

### Your Benefit:

#### Our Relationship Online Program

For couples or individuals who want to improve their relationships. Self-paced or guided by a program coach.

Your company code  
**MTNVIEW**

## Getting Started Is Easy

Available 24/7. Call **800.344.4222** or visit **employees.concernhealth.com**: log in with your company code and click on "Get Services."

Or **scan this QR code** to get to our digital hub for access to all services.



*\*To request services for a child to age 17, call Concern.*

