

Help When You Need It.

Your **Free** and **Confidential** employee mental wellbeing benefit

For City of Mountain View First Responders.

Available at no cost to: Full-time and Part-time first responders, your 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 **ten (10) visits** per person, per issue per 12-month period.



Work-Life Resources & 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.



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 coach.

Parent Coaching. One 60-minute 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 strengthen 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.*

