

Life Balance

Growing Family

Stress Reduction



Aging  
Parents



Finances

Resilience



Relationships

Support. Just when you need it.



CONCERN:EAP

Real help, real experts, real fast.



## **Counseling Services** (Individual and family)

Relationships (couple, family, parent, teen)

Problematic alcohol or drug use

Managing multiple demands

Stress/anxiety/depression

Communication

Life transitions

Loss and grief

## **Work/Life Services**

Parenting and childcare referrals

Eldercare resources

Legal consultations

Online legal forms

Financial coaching

**Support. Just when you need it.**

[www.concern-eap.com](http://www.concern-eap.com)



CONCERN: EAP

Real help, real experts, real fast.

**Sometimes** it's hard to balance all you need to do in your personal and work lives. These challenges of everyday living can keep you from **being your best**. ■ CONCERN: EAP can help with **information and resources** that can keep you happier, healthier, and more productive. ■ We provide **FREE** information, referrals and short-term counseling. ■ From services you need as your family grows, to support during times of difficulty or crisis, you can count on us for **fast, confidential help**.

**Paid for by your employer at no cost to you.**

**800-344-4222**



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If life's daily demands are distracting you from being your best at work or home, CONCERN: EAP can help. All you have to do is call. You'll reach a friendly representative who will talk briefly with you about your needs and then connect you with the right resources. What's more, you will have access to experienced, credentialed professionals, so you get qualified, expert advice.



**Confidential.** Confidentiality is maintained in accordance with privacy laws and the highest ethical standards.

**Convenient.** CONCERN has numerous resources across the country, so you'll be referred to expert assistance close to home or work.

Having a baby

Improving  
relationships

Managing  
finances

Raising kids



### Parenting and Childcare Referrals

We offer a wide variety of information and resources to support your family's needs such as:

- > Daycare and nursery schools
- > Private or public schools (kindergarten through graduate programs)
- > Summer camps and seasonal programs
- > Adoption agencies
- > Special needs/backup daycare

### Legal Consultation

You are entitled to up to a half hour consultation with an attorney who specializes in the area of your concern. You can ask about any legal issue.\* Should you need additional services, you will receive a 25% discount on the referred attorney's hourly rates. Topics include:

- > Estate planning
- > Wills and living trusts
- > Landlord-tenant matters
- > Immigration

\*Employer/employee claims are excluded.

***"Using CONCERN was one of the smartest things I've ever done."***  
– David S.

Navigating workplace changes

Balancing work/home

Caring  
for a  
parent

Losing a loved one

## Eldercare Resources

We can help you find resources to assist in caring for aging parents or relatives:

- > Senior daycare and recreational activities
- > Transportation services
- > Independent or assisted living
- > Home health services

We provide information and education about Medicare and state-administered programs, help evaluate financial circumstances and review insurance options, assist with durable power of attorney for healthcare, and help with planning for aging in place.



## Short-Term Counseling

Having the opportunity to talk with someone about issues that affect your work or personal life can be very helpful. Our experts are licensed professionals who can provide just the unbiased perspective you may need.

**Wherever life takes you, we're here for you.**

## Financial Coaching

Count on CONCERN for sound guidance and resources for help with a variety of financial needs including:

- > Money management
  - Coordinating bills
  - Debt reduction
  - Planning for retirement or college
  - Understanding asset allocation
- > Identity theft resolution
- > Credit
  - Finding new credit sources
  - Credit reports
- > Housing
  - Home buying
  - Insurance coverage

## LifeAdviser

Tap into our extensive online library of resources 24/7 for information and advice on finding life balance, personal growth, wellness, emotional well being and common financial or legal concerns, including online legal forms.

***“Easy to use, no hassle, no wait time. Thank you so much — CONCERN has helped turn my life around.”***

**– Mary L.**

**800-344-4222**

**Contact us today.**

**Monday – Friday 6:30 am to 5:00 pm, PST**  
**Immediate crisis counseling 24/7**  
**[www.concern-eap.com](http://www.concern-eap.com)**

**For access to a free interpreter for counseling services, or for written information in your language, call CONCERN at 800-344-4222.**

若想聯絡有空的譯員獲得諮詢服務或您語言版本的書面信息，請致電 **CONCERN**，電話號碼 **800-344-4222**。

**Para contar con el apoyo de un intérprete sin costo en los servicios de asesoramiento o para recibir información escrita en su idioma, llame a CONCERN al 800-344-4222.**

**Para makakuha ng daan sa isang libreng interpreter para sa mga serbisyo sa pagpapayo o para sa nakasulat na impormasyon na nasa wika ninyo, tawagan ang CONCERN sa 800-344-4222.**



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