

Help When You Need It

Concern. The all-in-one employee mental health and emotional wellbeing solution for 10,000 Degrees

Available at no cost to: full time and part-time employees working a minimum of 19 hours per week, their 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 **five (5) 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.



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.

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



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
10,000degrees

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.

