



## Counseling Services

Support. Just When You Need It.



*“It was difficult for me to admit that I needed help, but the team at Concern were professional, discrete and understanding. I feel like Concern counseling has put my life back on a positive path.”*

It's not always easy to maintain a sense of balance while meeting the demands of your job and leading an active life away from the work. And then there are those periods of stress, conflict and sadness that everyone experiences from time to time as part of daily life.

Often we deal with these situations on our own or with the help of family and friends. However, if that doesn't seem to be enough, or if you feel overwhelmed and stressed, it might be time to consult with a professional.

### **Sometimes it helps to talk to an experienced counselor.**

Concern offers free, short-term counseling to employees and members of their families who wish to address personal or work issues.

### **The issues may vary, but examples include:**

- Personal and family relationships
- Relationship conflicts (couple, family, parent, teen)
- Major life events, including births, divorce or a loss
- Problematic alcohol and drug use
- Managing multiple demands
- Anxiety, depression and stress management
- Communication
- Other emotional health issues

**What can I expect?** Our skilled counselors will help you define the nature of the problem and develop a plan of action to help resolve your concerns. By cultivating an open and trusting relationship, our counselors can help set you on a highly personalized path of improved emotional well-being.

**Is it confidential?** Counseling is voluntary and confidential.\* Concern will not reveal your information to anyone, including your employer, without your written consent.

**How do I make an appointment?** The first step is to call our toll-free number. Representatives are available 24 hours a day, 365 days a year to refer you to a Concern counselor near your home or office.

**Call: 800.344.4222**  
**[employees.concernhealth.com](http://employees.concernhealth.com)**