



Chabot Las Positas

Employee Services. Personalized solutions for mental health and work-life challenges

Help, when you need it. Concern is easy to access online or by phone 24/7. All services are completely confidential and at no cost to you or your family.

Confidential Counseling

In-person, Telephone, Video, Text, Chat

Experienced, licensed counselors can help with:

- . Stress, depression, anxiety
- . Major life changes
- . Communication issues
- . Anger, grief, loss
- . Relationship conflicts
- . Substance abuse
- . Emotional wellbeing
- . Job stress, work conflicts

Work-Life Balance

Expert advice and customized resources to help with life's ups and downs.

- **Financial Consultation**
Certified financial advisers help with a wide range of issues such as tax questions, investments, retirement planning, getting out of debt, and saving for college
- **Legal Consultation**
Talk with a qualified attorney on issues about divorce and family law, landlord/tenant issues, wills and trusts, immigration, identity theft, and more
- **Parenting & Adult Care**
Our specialists do the research for you, providing curated resources for parenting and childcare, help for aging parents or disabled family members. New parents receive a complimentary New Baby Kit.

Call **800-344-4222** 24/7 or visit **employees.concernhealth.com** and log in with your company code **CHABOT LAS POSITAS** for easy access to all available Concern services. Check out **this video** for a brief introduction to Concern

Services & Resource Library. Easy to access self-help tools organized by topic with articles, apps, and videos. Topics include Success at Work, Relationships, Emotional Wellbeing, and Healthy Habits.

Your Concern benefit is available to all regular benefit-eligible employees and to your spouse or domestic partner, and dependent children up to age 26 if enrolled in the HR department.

- **Counseling.** *Up to 3 sessions per person, per issue, per year.*
- **Financial.** *Up to two 30-minute consultations per issue, per year, with reduction in standard fee if you retain their services.*
- **Legal.** *30-minute consultation per issue, per year. If you retain the attorney, you will receive a 25% reduction off their normal hourly rate.*

