



City of Santa Rosa FIRST RESPONDERS

Your all-in-one mental health,
employee wellbeing solution
at no cost to you or your family

HELP WHEN YOU NEED IT*



Confidential Counseling*

In-person, Telephone, Video, Text, Chat

First Responder specialty panel counselors help with:

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

In-the-Moment Support

In distress or just want to talk? Maybe you're worried about kids, anxious about work, or had a fight with a family member. A Concern counselor is here to listen and help you plan a positive next step.

Work-Life Resources

Receive expert guidance for life's expected and unexpected events, helping you find a happier balance at home and less distraction at work. Help with **financial*** issues, **legal*** concerns, **adult care*** resources, **parenting and childcare*** referrals.

Guided Mindfulness

Full suite of live and on-demand mindfulness solutions designed for daily use. Discover resources to help you build and sustain healthy habits. Access through your digital dashboard.

Resource Library*

Tools and resources organized by topic with articles, toolkits, webinars, apps, assessments, videos, podcasts, newsletters, and so much more. Click "Services and Resources by Topic" on portal.

GETTING STARTED IS EASY

Just call **800-344-4222** 24/7 or visit **[employees.concernhealth.com*](https://employees.concernhealth.com)** and log in with your company code **SantaRosa**. Then click on "Get Services" to create your confidential digital dashboard. Check out **this video*** for a brief introduction to Concern.

Your Concern benefit is available to all full-time Fire Department and Police Department employees working 20 or more hours per week and to your spouse/domestic partner and dependent children up to age 26.

Counseling. Up to **10** 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 service

Legal. 30-minute consultations with a qualified attorney per issue, per year. If you retain the attorney, you will receive a 25% discount off normal hourly rates.

**Open links for more detail*