OHLOME COMMUNITY COLLEGE DISTRICT

Services are available to all benefit eligible employees working 20 hours or more per week, and to their spouse/domestic partner and dependents.

COUNSELING BENEFITS
CONCERN offers assessment, crisis intervention, referrals, and confidential short-term counseling for help with personal issues. Up to 8 visits, per problem, per year with a skilled CONCERN counselor.

- Difficulty with relationships
- Emotional distress
- Job stress
- Communication/conflict issues
- Alcohol or drug problems
- Loss and death

PARENTING & CHILDCARE
Referral available to quality providers for a variety of services, including:

- Family day care homes
- Infant centers & preschools
- Adoption assistance
- Before/after school care
- In-home childcare
- 24-hr care
- School age & college assistance
- Complimentary New Baby Kit

FINANCIAL COACHING
Get sound financial guidance to help you manage money wisely and develop long-term financial security. Referral includes up to two 30-minute telephone consultations. Example topics:

- Money management
- Debt management
- Identity theft resolution
- Tax issues

LEGAL CONSULTATION
We can link you to a local attorney for a free 30-minute office or telephone consultation for legal issues not related to employment. These may include:

- Estate planning
- Wills and living trusts
- Landlord-tenant matters
- Immigration
- IRS matters
- On-line legal forms

ELDERCARE RESOURCES
We'll help you find the most appropriate resources to help you care for an elderly or disabled relative. A complimentary copy of How to Care for Aging Parents is available upon request.

ONLINE RESOURCES
CONCERN offers a variety of self-help tools and resources to help you enhance productivity, resilience, and well-being.

www.concern-eap.com
Useful information and links regarding a wide variety of services and topics.

Log on to CONCERN's homepage and click on "Employee Guide" for access to the following sites:

Resilience Hub™
Curated self-help content to help you deal with life's challenges and boost your mental, emotional, and physical well-being in times of stress and change.

LifeAdviser
A wealth of articles, tools, forms, and courses to help you enhance your professional and personal success.

NOTE: The first time you access Resilience Hub™ or LifeAdviser you will need to enter your company code Ohione.

Questions about CONCERN? Please call or visit our website: 800-344-4222 www.concern-eap.com
Employee Services

CONCERN services are available to all benefit eligible Ohlone Community College District employees working 20 hours per week or more, their spouse or domestic partner and dependents.

ARE CONCERN SERVICES CONFIDENTIAL?
Yes. The law requires that your contact with CONCERN not be revealed to anyone, including your employer, without your knowledge and written consent. Legally required exceptions to confidentiality: when there is serious threat of harm to the client or others, or reasonable suspicion of child or elder abuse.

SHORT-TERM COUNSELING
Each individual has a 1-8 visit benefit per problem per 12-month period for personal problems. CONCERN offers assessment, crisis intervention, short-term counseling and referral to community resources. Sample topics include:
- Marital and family problems
- Difficulty with relationships
- Emotional distress
- Job stress
- Communications or conflict issues
- Alcohol or drug problems affecting you or your family
- Loss and death

PARENTING AND CHILDCARE RESOURCES AND REFERRALS
Referrals are available for a wide variety of parenting and childcare needs in your area including:
- Family day care homes
- Infant centers & preschools
- Adoption Assistance
- Before/after school care
- In-home childcare
- Care for sick children
- 24-hour care
- Emergency/drop-in care
- School age & College assistance

LEGAL CONSULTATIONS
Referrals are available for legal issues. You will be linked to a local attorney for a free 30-minute office or telephone consultation. The legal referral service can be used for all types of legal matters (excluding claims involving workplace issues):
- Consumer issues
- Personal/family services
- Small business services
- INS issues
- Contract issues
- IRS matters

FINANCIAL COUNSELING
Information and resources are available for financial matters. You have access to our financial help line that provides sound financial guidance that will help you manage your money wisely and develop long-term financial security.
- Budgeting
- Debt Management
- Identity Theft

ELDERCARE RESOURCES AND REFERRALS
If you're caring for an elderly relative and need assistance in finding services or support, call CONCERN. Services include referral to programs and resources in your area that will make it easier to handle the task of locating the needed help.

ONLINE EDUCATION
LifeAdviser and The Resilience Hub™ are your online education portals available 24/7 accessible from any internet web browser. They are our dynamic self-help portals with tools, tip, and resources to help employees and their families live healthier, happier lives. Check it out at www.concern-eap.com. Gain access through the Employee Guide and log in using Company Name/Code: Ohlone College.

Questions about CONCERN? Please call: 800-344-4222
A Great Place to Start

How can I develop a more satisfying relationship with my spouse or partner?

What will help me manage my personal finances better?

Am I organizing and using my time wisely?

Have questions such as:

When you are juggling work and personal life, you probably need energy. At work, our priority is about how we use our time and effort to maintain a healthy balance between our jobs and personal lives.

For most of us, it is a constant struggle.
How can you reach CONCERN?

CONCERN counselors diagnose their situation and determine whether CONCERN is an option. It is not necessary to be an employee to contact CONCERN. The most effective way to help fellow employees is to encourage them to contact CONCERN.

Who may be looking for help?

How can you assist others?

Reach the CONCERN numbers listed below for immediate assistance or use the CONCERN 24/7 mobile app.

What if there is a crisis?

Your home or work

What are CONCERN offices located?

What is CONCERN confidential?

Beginning work and personal life

Difficulties adjusting to a new culture

Loss and death

Alcohol or drug problems affecting you

Managing your money

Work-related issues

Setting priorities

Time management

Stress, anxiety or depression

Parent/child conflicts

Communication issues

Relationships

"Normal life situations" are some reasons why you may need help.

What services are provided?

Information, seminars and educational material

24-hour crisis intervention

Thoroughly the United States and Canada

National network of counselors

Referral to community resources

Individual and family counseling

How can CONCERN help?

Our services are designed to be confidential, professional, and free. So you can benefit from an opportunity to talk with someone about normal psychological problems. The type of help you receive is determined by your needs. We assisted people who have like our many people. You may believe that EAPs are only for other people—those who have mental health issues. It is for all employees who work for your company. The CONCERN program is designed to provide assistance with emotional and stress-related issues. We help you identify the root cause of your problem, explore possible solutions, and develop a plan of action to address it. The CONCERN program also provides information on community resources and professional services available in your area.
A great place to start

- Financial consultations
- Elder care resources
- Legal consultations
- Referrals
- Parenting and child care

www.concern-eap.com
800-344-4222
Free, confidential counseling and referral services

CONCERN can help you with:

- Financial consultations
- Elder care resources
- Legal consultations
- Child care referrals
- Parenting and child care

Your CONCERN benefit limit and at no cost to you within confidential, available nationwide delays. These services are will provide assistance without connect you to a specialist who a single call to CONCERN will...
800-344-4222

www.comconcern.org

To 5:00 PM, (PST) or visit us online at

call us Monday through Friday 6:30 a.m.

workforce services disburse. To access any of the

CONCERN at Turlock, contact us on weekdays within your

Our services are available

traditional short-term counseling services. In addition to

CONCERN offers resources and referrals to

Financial Consultations

Personal growth

Wellness on the web

Mental health

Legal

Health

Financial

Education

Money management

Pre-school programs:

Local government agencies, local schools, and other seasonal

CONCERN is here to help. On our website, you can find a wealth of information.

Education:

Phone consultations with financial experts are

Financial Consultations

For more information and resources for

Understanding insurance coverage

Buying a home

Housing

Understanding your insurance

Checking your plan

Creditor

Credit counseling

Assist you in making the best plan. You can also ask about any

Legal

CONCERN to get help with an array of mortgage issues. CONCERN can help you find the resources you need.

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CONCERN:EAP

Ohlone Community College District

Ever feel stressed? Have problems communicating with co-workers or loved ones? Do you think counseling is only for other people, people with serious problems?

In fact, anyone can benefit from talking with a professional about:

- Relationship Issues
- Parent/Child Conflicts
- Anxiety and Depression
- Work-related Stress
- Alcohol or Drug problems

CONCERN can also refer you to specialized resources including:

- legal referrals
- parenting & childcare resources
- financial counseling
- eldercare resources
- wellness coaching

Ohlone Community College District is pleased to provide you with:

- CONCERN: EAP counseling for up to 8 visits per issue per 12-month period.
  Counseling and Work/Life services are available to all employees working 20 hours per week or more, their spouse or domestic partner and dependents.

CONCERN offers free, confidential counseling and work/life resources to you and your family for most personal issues, including:

- stress
- depression
- grief and loss
- legal questions
- parenting resources
- relationship problems
- alcohol or drug abuse
- retirement planning
- managing money
- eldercare resources

CONCERN
Employee Assistance Program
Free, confidential counseling and work/life resources

1-800-344-4222

www.concern-eap.com

CONCERN:EAP

All services are available throughout the United States.

There is no cost to you or your family. The EAP is a benefit paid for by your employer.

In a crisis, you can reach a CONCERN counselor 24 hours a day at the telephone numbers listed below.

For information or to schedule an appointment, call Monday - Friday, 6:30 a.m. to 5:00 p.m. (Pacific Time).

Our telephone number:

1-800-344-4222

or look for us on the web at:
www.concern-eap.com
Log in instructions for www.concern-eap.com

How can we guide you?
Choose a path below for your desired destination.

Start Here at the Employee Guide

CONCERN is my EAP
EMPLOYEE GUIDE

My company is looking for the right EAP
I want to promote CONCERN to my employees

I want to provide counseling services

Use Ohlone College as the Employee login

Employee Login

Gain access to practical resources and multi-media content to help employee and their families live healthier, happier lives.

LifeAdviser

Our online member resource center provides CONCERN members' free and easy access to useful help on a wealth of topics that impact daily life, such as Health and Wellness, Caregiving, Legal Guidance, Financial Planning, Parenting and much more. Real tools for real help, right now.

800-344-4222
www.concern-eap.com