



LifeAdviser Special Edition

Counseling Options during COVID-19


It is understandable to feel vulnerable or overwhelmed reading or hearing news about the COVID-19 outbreak. You or your family members may wonder how to cope with the anxious feelings that are surfacing. Talking with a mental health professional may help lessen the worry or anxiety.


Concern offers multiple options for quality, effective counseling. In-office will not be available due to public health directives. We will connect you to a counselor for phone, video or text counseling until current restrictions are lifted.

 **Telephone** – Help is just a phone call away, anytime day or night to cope with loneliness, anxiety or distress. Or receive scheduled telephone sessions with a counselor at your convenience.

 **Video** - Secure, web-based technology will connect you to a licensed counselor for video sessions while in the privacy of your own home.



 **Text therapy** allows asynchronous messaging with a dedicated, licensed counselor via a confidential, secure, platform. One week of messaging is equal to one in-office, phone or video session. Access your counselor anywhere, any time.

 **Self-help** - Get immediate help to cope with stress and anxiety. Luma guides you to specific resources like articles, apps, videos and toolkits, all customized to help with whatever you're dealing with in the moment.

If you feel overwhelmed and unable to function or perform basic activities of daily living, a licensed mental health professional can assist you in developing appropriate strategies to move forward.

Call: 800.344.4222
www.employees.concernhealth.com