



**Unlock your resilience.** Curated self-help content to help you deal with life's challenges and boost your mental, emotional, and physical wellbeing in times of stress and change.

## Salesforce

Services are available to all employees working a minimum of 20 hours per week, and to their spouse, domestic partner, dependent children, including children of domestic partner up to age 26.



Visit **employees.concern-eap.com** and log in with your company code **Salesforce** for easy access to all available Concern services.

## Counseling Benefits

### In-Person, Telephone, & Video Counseling

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 for help with: Difficulty with relationships • Emotional distress • Job stress • Communication/conflict issues • Alcohol or drug problems • Loss and death

## Digital Resources

### Mental Wellness Resources

Resilience-building toolkits designed to help promote mental wellness, make positive life choices, strengthen relationships, and bounce back from life's ups and downs

### LifeAdviser

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

## Life Balance Solutions

### Parent & 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 with Salesforce imprinted onesie.

### 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

### Adult Care Resources

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

### Legal Consultation

We can link you to a local attorney for a free 30-minute in-office or telephone consultation for legal issues not related to employment. These may include: Estate planning • Wills & living trusts • Landlord-tenant matters • Immigration • IRS matters • On-line legal forms