



## SALINAS VALLEY SOLID WASTE AUTHORITY

Services are available to all full-time and part-time employees, 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 5 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](http://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*<sup>TM</sup>

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*<sup>TM</sup> or *LifeAdviser* you will need to enter your company code **SVSWA**.