

Help When You Need It.

Your Free and Confidential employee mental wellbeing benefit for **Superior Court of California, Santa Barbara County.**

Available at no cost to all employees, their spouse/domestic partner, household members, and dependent children up to age 26.



Confidential Counseling*

In-Person | Telephone | Video | Text | Chat

Support from experienced, licensed counselors for help with things like:

- Anxiety
- Stress
- Grief and loss
- Substance use
- Depression
- Major life changes
- Relationships
- Emotional wellbeing

Your Benefits:

Up to **three (3) visits** per person, per problem type, per 12-month period



Work-Life Resources and Referrals

Access **financial** and **legal** consultations, **ID theft** services, **adult care** resources, plus **parenting** and **childcare** referrals.

Your Benefits:

Financial. Up to two free 30-minute phone consultations per issue per year with a money coach.

Legal. Free 30-minute consultation per issue per year with a qualified attorney. 25% discount off normal hourly rates if you retain their services.



Coaching

Learn new skills, set goals, take action, and lower stress.

Your Benefits:

Personal Coaching. Four 30-minute phone sessions per 12-month period with certified coaches.

Parent Coaching. One 60-minute startup call and two 30-minute follow-up calls per year with experienced professionals.



Digital Program

Your Benefit:

Our Relationship Online Program

For couples or individuals who want to improve their relationships. Self-paced or guided by a program coach.

Your company code
Santabarbaracourts

Getting Started Is Easy

Available 24/7. Call **800.344.4222** or visit **employees.concernhealth.com**: log in with your company code and click on "Get Services."

Or scan this QR code to get to our digital hub for access to all services.



**To request services for a child to age 17, call Concern.*