County of San Mateo

Services are available to all employees, and to their spouse/domestic partner and dependent children and/or their domestic partner’s children up to age 24.

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 5 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

Help Wherever You Are
Accessible from your phone, tablet or computer. Easily get the help you need, when you need it:
• Simple digital intake
• Client-counselor matching
• Video counseling self-scheduling
• Guided self-help tools
• Digital therapeutics

Life Balance Solutions

Parent & Childcare
Referral available to quality providers for a variety of services, including: Family daycare 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

Adult Care 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.

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 & living trusts • Landlord-tenant matters • Immigration • IRS matters • On-line legal forms

Concierge Services
Research and referral for a wide variety of services. Examples include: Home repair • Chore services • Relocation • Pet care

For questions about Concern services, or for immediate support:
Call 800-344-4222 or visit employees.concernhealth.com