

Your company knows that you are their most valuable asset and they realize that your wellbeing is important to everyone. That is why they are providing you with this free and confidential benefit.

**CONCERN** Behavioral and Management Solutions is your partner in addressing:

- family and life challenges
- setting new goals
- managing workplace behaviors

We are here to help you improve your overall performance, workplace productivity and life satisfaction.

#### **CONCERN** also offers

- Monthly e-Newsletter
- Access to “My Atlantic Health” website where you can manage your medical and behavioral health needs, read articles and take self-assessment screens.
- Direct access to the CONCERN Behavioral and Management Solutions website  
[www.atlantichealth.org/concern](http://www.atlantichealth.org/concern)

## CONCERN

**Behavioral and Management Solutions**  
*a division of Atlantic Health System*

For more information about our programs and services at one of our many locations, or to schedule a confidential appointment, call 800-242-7371

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**Atlantic  
Health System**

## CONCERN COUNSELING

**CONCERN** counseling offers skilled, professional assessments and short-term counseling. Our licensed counselors will help you with referrals to a specialist if needed and will follow-up with you to be certain your problems are appropriately addressed. We offer assistance to any employee or family member who is dealing with work and life problems.

You can use **CONCERN** counseling for:

- Bullying or harassment
- Workplace violence
- Family problems
- Marital or relationship problems
- Changes in family situations
- Losses in your life
- Alcohol and drug problems
- Emotional or psychological adjustments
- Job burnout
- Financial stresses
- Legal stresses

**CONFIDENTIALITY IS GUARANTEED!**

Concern counselors are trained to deal with a wide variety of employee problems. They will offer you professional support and direction toward resolving your challenges.

## CONCERN COACHING

Coaching is a powerful tool you can use to improve your work performance and to set new career or life goals. Coaching is available for employees and family members who are motivated and ready for change and growth in their lives. If you have been looking for a way to actualize your goals, consider contacting one of our skilled coaches to begin putting a plan in place.



**CONCERN** coaching sessions are designed to meet your busy schedule and can be used:

- Telephonically or face-to-face
- To improve social skills in the workplace
- To manage workplace frustrations
- To effectively deal with difficult co-workers
- To set new career goals or change of life dreams

Please call us at **800-242-7371** for an appointment.

## CONCERN BEHAVIORAL MANAGEMENT

As you move into leadership roles within your organization you may find that you need support in managing your team. **CONCERN** Behavioral and Management Solutions can be your partner in addressing behavioral risks, performance problems and team building.

**Contact us to:**

- Prepare yourself for leadership
- Improve your management skills
- Gain confidence in leading
- Identify harassment in the workplace
- Understand workplace diversity issues
- Manage conflict between employees
- Learn about workplace violence

We are also available for management and staff trainings and to provide crisis support for workplace trauma.