

RUMORS & FACTS

Rumor: *"If I use CONCERN, everyone I work with will know the next day!"*

Fact: No one will know your contact with CONCERN unless you decide to tell them. Confidentiality is of major importance to CONCERN. This means that we tell no one of your involvement with us. In fact, we even schedule your appointments in such a way as to minimize your chances of running into another employee for your company.

Rumor: *"If my supervisor or Human Resources refers me to CONCERN, it means I'm on my way out the door."*

Fact: If your supervisor refers you to CONCERN, it may mean that he or she wants to save your job. Your supervisor may have expressed concern over your job performance and has suggested CONCERN in order to provide you with the assistance you may need to get back on track. CONCERN is designed to help people stay on the job, not lose their job.

Rumor: *"Only my manager or supervisor can refer me to CONCERN."*

Fact: About 95% of the people who contact CONCERN do so on their own and without any management intervention. They seek help because they themselves realize that an objective professional can provide help in dealing with a difficult problem they may have.

Rumor: *"CONCERN is only there to help with professional problems. My biggest problems are personal."*

Fact: You don't need to have a problem with your job to use CONCERN. Many people seek help through CONCERN for problems at home, in their marriage, or with their family. CONCERN aims to help you resolve issues before they affect your work.

Rumor: *"CONCERN is for people who are weak or have serious mental problems."*

Fact: CONCERN is for people who are having a difficult time coping with changes in their lives. You may need strategies in parenting your changing, challenging adolescent or help in dealing with the loss of a loved one. Still others may call after a relocation or organizational change at work. The people who call CONCERN are generally able to handle personal problems, but realize that professional guidance will help resolve them.

Rumor: *"Counseling is expensive, I can't afford it."*

Fact: Most problems can be resolved through the short-term counseling provided by CONCERN. CONCERN is available to you as a benefit of your company. You and your family members who use the program do so at no cost. If you and your counselor decide that additional services are required, your exact need, financial situation, and geographic location will be considered in making the referral.

For further information or to schedule an appointment call:

CONCERN Services 513-891-1627 / 800-841-5002

www.ak.concernservices.com