

## Because life doesn't clock out, neither do we.

That's why there's the **Johns Hopkins Employee Assistance Program (JHEAP) with support from Corporate Counseling Associates (CCA)**. The program provides around-the-clock, free professional consultation, referrals, and counseling for any issue that matters to you and your household members.

### EMOTIONAL WELL-BEING

relationships | life transitions | grief and loss  
anxiety and depression | substance abuse

### FAMILY AND CAREGIVING

childcare | eldercare | adoption | education  
special needs | new parent resources | life stages

### EVERYDAY LIVING

household needs | pet care | travel and leisure  
volunteer opportunities | community resources

### LEGAL AND FINANCIAL

wills | estates | neighbor disputes | budgeting | loans  
mortgages | retirement planning | credit | ID theft

### CAREER

interpersonal skills | teamwork | training and education  
worklife balance | stress | time management

# AROUND-THE-CLOCK SUPPORT FOR ANY MATTER THAT'S ON YOUR MIND

Access Line: **888-978-1262**

Counseling Services Request Form:  
**[jh.eapintake.com](http://jh.eapintake.com)**

Website: **[www.myccaonline.com](http://www.myccaonline.com)**

App: **CCA@YourService**

Code: JHEAP

### CCA WEBSITE FEATURES AND BENEFITS

In addition to live support, online resources include:

- Thousands of articles and resources to support you personally and professionally
- Financial calculators and legal forms for a variety of practical applications

