

Johns Hopkins Employee Assistance program (JHEAP)

Connect to Greater Convenience with the @YourService App!

The CCA@YourService mobile app allows you to access support from the palm of your hand via self-paced sessions with tips, exercises, and new skills to create positive change in many different aspects of life.

Download it today and get started:

- Search **CCA@YourService** in your phone's app store to download the app.
- Once you're in the app, select the Get Started button on the welcome screen. Enter your company-specific access code **JHEAP** and select Continue.
- Fill out the profile information required to create an account.
- Complete the screening and choose a goal that you would like to start with.

How Can the App Be @YourService?

Emotional wellness screening—identify areas (including stress, sleep, anger, anxiety, depression and more) where you might need support.

Self-use programs—over 20 CBT and Mindfulness-based programs on topics including:

- Work-life balance, work stress
- Depression
- Relationship conflict
- General anxiety and social anxiety: interviews, presentations, dating, and social gatherings

Digital intake process for work-life services—bypass the phone call and submit your work-life request via the app! This includes resources and referrals for child care, elder care, daily living, financial, health and wellness, housing, legal, parenting and education, and more.

Our phones do a lot for us already—now yours can do even more with tools to support you through your well-being journey. Download the app today to get started!

You can also access **Johns Hopkins Employee Assistance** program by calling the 24-hour, toll-free hotline at **888-978-1262** or logging on to **www.myccaonline.com** with your company code **JHEAP**. Johns Hopkins Employee Assistance program is a free and confidential service available to you and your household members 24 hours a day, 7 days a week, 365 days a year.

