

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

What is Johns Hopkins Employee Assistance Program (JHEAP)?

A free, confidential benefit available 24/7/365 to help you and your household members:

- Fortify your mental health
- Bounce forward from setbacks
- Tackle your to-do list
- Optimize your work-life balance

What type of assistance is available?

- Needs assessment and referral to short-term counseling
- Referrals to services in your local area for childcare, elder care, daily living, legal, and financial needs
- Robust website featuring skill-building content, free seminars, legal and financial tools, and more

How is all this free? Because your wellbeing and convenience are important, your employer provides access to the program at no cost to you.

And it's really confidential? YES! The program is administered by JHEAP—an organization separate from your employer—that does not share details about who has used the service.

Can household members use the service, too? Absolutely. This includes any household member residing inside or outside your home. Knowing that loved ones are supported affords you peace of mind.



CONNECT TO GET STARTED:

COUNSELING SERVICES
REQUEST FORM:
cca.eapintake.com

PHONE:
888-978-1262

WEB:
www.myccaonline.com
Company Code: JHEAP

APP:
CCA@YourService
Access Code: JHEAP

