

I want to prioritize

getting a handle on holiday stress

Whatever your goals, JHEAP can assist!

As enjoyable as the holiday season can be, post-holiday season can also be a hectic, stressful, and emotional time. That's why Johns Hopkins Employee Assistance Program (**JHEAP**) offers you and your household members free, confidential support to help manage it all.

- **Professional counseling** to help you cope with:
 - Stress, depression, or seasonal affective disorder (SAD)
 - Difficult relationships or family dynamics
 - Balancing social obligations
- **Financial consultation** to develop strategies for managing holiday expenses
- **Provider location and referrals** for area resources such as:
 - Household and chore services
 - Catering and party planning
 - Seasonal events and recreation
 - Pet sitting services



COUNSELING SERVICES REQUEST FORM: jh.eapintake.com

ACCESS LINE: 888-978-1262

WEB: www.myccaonline.com
Company Code: **JHEAP**

APP: CCA@YourService
Access Code: **JHEAP**

