

I want to prioritize my mental health

Whatever your goals, JHEAP (Johns Hopkins Employee Assistance Program) can assist!

Free and confidential for you and your household members, the program provides a range of emotional wellbeing resources such as:

- Assessment and referral to short-term professional counseling, as needed
 - Stress
 - Family and relationship concerns
 - Grief and loss
 - Anxiety and depression
 - Life transitions
 - Addiction and recovery
 - Work-related issues
- Online library of articles, resources, FAQs, self-assessments, and on-demand seminars
- Provider location and referrals for health and wellness practitioners, support groups, volunteer opportunities, and more



**COUNSELING SERVICES REQUEST
FORM: cca.eapintake.com**

ACCESS LINE: 888-978-1262

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

**APP: [CCA@YourService](https://cca.eapintake.com)
Access Code: JHEAP**

