

I want to prioritize

better stress management

Whatever your goals, the Johns Hopkins Employee Assistance can assist!

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

- Referral to short-term counseling for any personal or work-related issue you're facing— with in-person and video appointments to fit your schedule
- Tips and self-assessments to help identify stressors and mitigate the impact of stress
- Guided relaxation and breathing exercises
- Confirmed, matched referrals to help take the stress out of provider location
  - Child care, elder care, backup care
  - Pet care and veterinarians
  - Household repair and maintenance
  - Moving and relocation
- Professional consultation and referral for any legal or financial matters that are a source of stress



**PHONE: 888-978-1262**

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