

You don't have to wait for a crisis to seek support. **Getting connected can help you avoid a crisis** by providing an outlet to discuss life experiences and equipping you with tools to navigate challenging times.

# Put JHEAP to Work for Your Mental Wellbeing

**JHEAP**, your Employee Assistance Program (EAP), provides **complimentary, confidential services to all employees and their household members**, including free, short-term counseling and referrals for open-ended or specialized care.

## Contact JHEAP and a professional will:

- **Listen** to your concerns and provide in-the-moment support
- **Assess** your needs and preferences
- **Connect** you with a counselor who matches your criteria and has availability in the timeframe requested
- **Provide** referrals to support groups, open-ended counseling, and specialized care

## YOUR CONNECTION TO TRUSTED SUPPORT

**COUNSELING SERVICES REQUEST FORM: [JH.EAPINTAKE.COM](https://jh.eapintake.com)**

**ACCESS LINE: 888-978-1262**

**WEB: [myccaonline.com](https://myccaonline.com) | Company Code: JHEAP**

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

## AREAS OF SUPPORT:

- Stress
- Household and relationship concerns
- Grief and loss
- Anxiety and depression
- Life transitions
- Addiction and recovery
- Work-related issues

## SUCCESS TIPS:

- Be mindful that this is a new relationship, and it can take time to develop a rapport.
- Be upfront and honest.
- Share what motivated you to reach out.
- Note any medical conditions or medications you are taking, as these can impact overall mental wellbeing.
- Acknowledge when you are unsure if you are making progress in the process.
- Keep an open mind and recognize that talking about personal concerns can be uncomfortable.