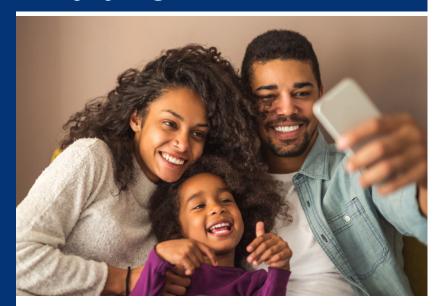JOHNS HOPKINS
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PICTURE YOURSELF
enjoying the best of life

AROUND-THE-CLOCK
ACCESS TO EASIER LIVING

Welcome to the **Johns Hopkins Employee Assistance Program (JHEAP)**, a benefit for you and your household members. Free assistance, resources, referrals, and counseling are available any time, any day, for any issue—all provided by qualified professionals.

Let a consultant help you locate childcare, eldercare, or pet care. Get referrals to area resources. Receive guidance on legal or financial matters. Access support for work stress or problems with relationships or grief.

Johns Hopkins Employee Assistance Program (JHEAP)

Provides 24/7 access to professional, confidential assistance for you and your household members

- EMOTIONAL WELL-BEING
- FAMILY AND CAREGIVING
- EVERYDAY LIVING
- LEGAL AND FINANCIAL
- CAREER

cca
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How does the Johns Hopkins Employee Assistance Program (JHEAP) help? The program provides free professional consultation, referrals, and counseling for any issue that matters to you and your household members.

How is all this free? Because your convenience and well-being are important, Johns Hopkins provides access to the program at no cost to you.

When can I call? Any time, any day. No matter when you call, a qualified professional is available to assess your needs and connect you to the appropriate resources or immediate counseling.

Can my family use the service, too? Absolutely. All the benefits you enjoy from JHEAP are available to your household members.

Is the program confidential? Yes. The program is administered by CCA—an organization separate from Johns Hopkins—that does not share details about who has used the service.

What's available on the website? The website offers a hub of articles and information on popular topics, and connects you to exclusive resources, tools, and daily living calculators.

For free access to easier living, call or log on any time, any day

TOLL-FREE: **888-978-1262**

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

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