



Disaster Resources

@YourService

JHEAP is a free, confidential program that's available to assist you with any work or life issue that matters to you and your household members

COUNSELING SERVICES
REQUEST FORM:

jh.eapintake.com

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

WEB: www.myccaonline.com

Company Code: JHEAP

In the event of a disaster or emergency, it's important to have support and resources you can trust. That's when you can count on **JHEAP**. The program provides 24/7 free, confidential resources to help you and your household members prepare for, cope with, and recover from a disaster.

Specialists are available to provide free counseling for issues such as:

- Anticipatory anxiety about the threat of disaster
- Post-disaster stress, trauma, and grief
- Guidance on helping your family and children cope with disaster
- Anxiety related to the anniversary of a devastating event

Qualified, trained consultants are on-hand to provide information, resources, and service provider referrals for topics such as:

- Back-up and emergency dependent care
- Pet care and boarding facilities
- Temporary housing or emergency shelters
- Making a family emergency communications plan
- Contractors, electricians, and plumbers
- Disaster recovery and restoration services

JHEAP also provides professional consultation to help with **legal** matters, **insurance** questions, **financial** concerns, and more. When disaster affects you and your family, let **JHEAP** help you get back on your feet.