

I want to prioritize

getting a handle on holiday stress

Whatever your goals, JHEAP can assist!

As enjoyable as the holiday season can be, it is also often a hectic, stressful, and emotional time. That's why **Johns Hopkins Employee Assistance Program (JHEAP)** offers you and your household members free, confidential support to help manage it all.

- **Professional counseling** to help you cope with:
  - Stress, depression, or seasonal affective disorder (SAD)
  - Difficult relationships or family dynamics
  - Balancing social obligations
- **Financial consultation** to develop strategies for managing holiday expenses
- **Provider location and referrals** for area resources such as:
  - Household and chore services
  - Catering and party planning
  - Seasonal events and recreation
  - Pet sitting services



**COUNSELING SERVICES REQUEST FORM:** [cca.eapintake.com](http://cca.eapintake.com)

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

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

**APP:** [CCA@YourService](mailto:CCA@YourService)  
Access Code: **JHEAP**



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