

I want to prioritize my mental health

Whatever your goals, CCA@YourService can assist!

Free and confidential for you and your family members, the program provides a range of emotional wellbeing resources such as:

- Assessment and referral to short-term professional counseling, as needed
 - Stress
 - Family and relationship concerns
 - Grief and loss
 - Anxiety and depression
 - Life transitions
 - Addiction and recovery
 - Work-related issues
- Online library of articles, resources, FAQs, self-assessments, and on-demand seminars
- Provider location and referrals for health and wellness practitioners, support groups, volunteer opportunities, and more



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

COUNSELING SERVICES REQUEST FORM: cca.eapintake.com

ACCESS LINE: 800-833-8707

WEB: www.myccaonline.com
Company Code: CUNY

APP: CCA@YourService
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