

# 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:

- In-the-moment support, with referrals to short-term professional counseling
  - Stress and anxiety
  - Grief and trauma
  - Family and relationship concerns
  - Life transitions
  - Addiction and recovery
- Articles, tips and self-assessments to help identify signs, symptoms and treatment options for various conditions
- Referrals and provider location assistance
  - Medication management
  - Long-term or specialized care
  - Self-care for the mind, body and spirit



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

**PHONE: 800-833-8707**

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

