

I want to prioritize

quitting tobacco

Whatever your goals, CCA@YourService can assist!

Whether it's your first attempt at quitting tobacco or your fifth, let **CCA@YourService** help you identify the support you need to be successful.

- Referrals and provider location assistance:
  - State and nationwide quit lines
  - Support groups
  - Tobacco cessation classes through local health organizations
  - Programs offering free or reduced-cost medication or nicotine patches
- Professional counseling to help with:
  - Identifying triggers
  - Coping with withdrawal symptoms
  - Building new habits
- Educational materials and tips for evaluating program and provider options



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

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

**ACCESS LINE:** 800-833-8707

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

**CCA**   
**@YourService**

