



Confidential, around-the-clock support for any issue that matters to you and your family



## What type of assistance is available?

- Needs assessment and short-term counseling
- Personalized referrals for childcare, eldercare, daily living, legal, and financial needs
- BeWell by CCA—a digital hub offering access to counseling, coaching, and other resources

## How is this all free?

Because your well-being is important, your employer provides the program at no cost to you.

## When can I access support?

Any time, any day, licensed clinicians and work-life specialists are available to assess your needs and connect you to the appropriate resources.

## And it's really confidential?

Yes! The program is managed by CCA, an organization separate from your employer that does not share details about who has used the service.

## Can family members use the service, too?

Absolutely. This includes any family member residing inside or outside your home.

## When life happens, CCA is here to help you find the right resources at the right time:

- Emotional well-being
- Relationship matters
- Grief and loss
- Life transitions
- Addiction and recovery
- Work-related issues
- Family and caregiving
- Household needs
- Personal health
- Legal matters
- Financial matters

**Get Support Today**

Access line | 800-833-8707

BeWell by CCA | [ccaplatform.com/go/cuny](https://ccaplatform.com/go/cuny)