

BeWell by CCA

Your new digital hub for mental health, well-being, and work-life support—all in one convenient place



What's Inside



Counselors matched to you

Self-schedule based on preferences & availability



Self-guided tools

Explore CBT exercises, guided meditations, and journaling



Coaching that fits your life

Chat async and securely with a coaching professional



Resources for your whole life

Access caregiving, legal, and financial support in one place

The CCA Difference

- **Mindful technology** - no downloads; instant access on any device
- **Clinician-led design** - all tools and resources rooted in clinical evidence
- **Care on your terms** - choose the care or resource that fits your needs

**Get Support
Today**

Access line | 800-833-8707

BeWell by CCA | ccaplatform.com/go/cuny