

For any matter that's on  
your mind

## Around-The-Clock Support

### INTERNATIONAL ASSISTANCE

#### WEBSITE

Myccaonline.com

Username: JHGLOBAL

#### 1:1 SUPPORT

Log onto the website to  
chat or request a call

##### Talk to a counselor about:

- Navigating emotions
- Change
- Relationships
- Stress
- Anxiety

##### Request information about:

- Caring for an elder
- Legal resources

And many other topics. Just reach  
out. We can help!



### The Johns Hopkins Employee Assistance Program (JHEAP)

Provides you free, confidential 24/7 access to  
counseling, professional support and resources for any  
issue.

