



WORK-LIFE RESOURCE AND REFERRAL  
*Crisis Assistance*

## *Emotional support when you need it*

**TOLL-FREE: 800-833-8707**

**WEBSITE: [www.myccaonline.com](http://www.myccaonline.com)**

**USERNAME: national healthcare**

If a traumatic event or other emergency has affected you or anyone in your family, let your Work-Life/EAP program provide resources, referrals, and assistance for these and other topics:

- Supportive counseling
- Dealing with grief
- Local and community support groups
- Coping with crisis
- Communicating with children

**ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.**