



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