

BeWell by CCA 

About Your Employee Assistance Program (“EAP”)



SERVICES OVERVIEW

♥ Emotional Support

Whether facing stress, loss, or a life transition, you can **connect with a licensed counselor** to find your way forward.

🏠 Daily Living Support

Our work-life **specialists connect you with trusted resources** for childcare needs, legal and financial matters, and more.

💬 Coaching Support

Text-based coaching with a **professional coach offers practical guidance** in areas like career growth or personal development.

HOW TO USE THE EAP

✓ Always available

Call anytime, day or night

✓ Confidential

Your information stays private

✓ Free to you

Provided by your employer at no cost to you

✓ Free to family members

Family members can also use the EAP service

📱 BeWell Platform

With something for everyone, the **BeWell platform** makes it easy to **connect digitally with counselors, coaches, and practical resources** through your organization’s unique link.

Support is available to help with almost any issue:

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

Get Support



Access Line: 800-833-8707

BeWell by CCA  <https://ccaplatform.com/go/cuny>