

# When a disaster affects you and your family, let **CCA@YourService** help



In the event of a disaster or emergency, it's important to have support and resources you can trust. That's when you can count on **CCA@YourService**. The program provides 24/7 free, confidential resources to help you and your family prepare for, cope with, and recover from a disaster.

## **Specialists are available to provide free counseling for issues such as:**

- Anticipatory anxiety about the threat of disaster
- Post-disaster stress, trauma, and grief
- Guidance on helping your family and children cope with disaster
- Anxiety related to the anniversary of a devastating event

## **Qualified, trained consultants are on-hand to provide information, resources, and service provider referrals for topics such as:**

- Back-up and emergency dependent care
- Pet care and boarding facilities
- Temporary housing or emergency shelters
- Making a family emergency communications plan
- Contractors, electricians, and plumbers
- Disaster recovery and restoration services

**CCA@YourService** also provides professional consultation to help with **legal** matters, **insurance** questions, **financial** concerns, and more. When disaster affects you and your family, let **CCA@YourService** help you get back on your feet.

CCA@YourService is a free, confidential program that's available to assist you with any work or life issue that matters to you and your family.

**ALWAYS AVAILABLE.  
ALWAYS CONFIDENTIAL.**

COUNSELING SERVICES  
REQUEST FORM:  
[cca.eapintake.com](http://cca.eapintake.com)

ACCESS LINE:  
**800-833-8707**

WEB:  
[www.myccaonline.com](http://www.myccaonline.com)  
Company Code: umusic