



CCCC EMPLOYEE ASSISTANCE PROGRAM (EAP)

Challenges – we face them every day. Asking for help is a valuable life skill. Do you need to talk to someone? The EAP offers free 24/7 confidential counseling.

EAP ACCESS

Toll Free: (800) 633-3353

Tel: (704) 529-1428



« Asking for help isn't giving up. It's refusing to give up. » – Unknown

Reasons to call your EAP

The EAP is designed to help you manage life's daily challenges. Available 24/7 to assist with:

- Stress
- Anxiety
- Substance Abuse
- Depression
- Grief
- Relationship Problems

Resources:

www.mygroup.com



For more information about the CCCC EAP, please email:

humanresources@cccc.edu