

MENTAL HEALTH AWARENESS



Remember to care for yourself
and to support those around you.

There are many reasons you may consider reaching out for counseling. You are not alone, and help is available.

Counseling can help when you're:

- Feeling overwhelmed or stressed
- Experiencing sadness or anxiety
- Struggling with work or burnout
- Coping with change, loss, or transition
- Having relationship or family concerns
- Feeling stuck, disconnected, or alone
- And many other life situations



Best Care EAP website:



Did you know?

- Best Care EAP is available to you and your dependent eligible family members
- Best Care EAP offers multiple options for care
- Best Care EAP services are confidential

