

Best Care EAP: Confidential Support for Life's Challenges



My spouse and I argue about everything. We avoid doing anything together.

I'm worried about everything these days. I'm even having trouble sleeping.

We've had a death in the family. I need to talk about the grief I'm feeling.

When life's challenges affect you or your loved ones, the Best Care Employee Assistance Program (EAP) can help you find a path forward. Our licensed, experienced counselors offer confidential, short-term support.

Your employer has funded a set amount of counseling sessions for you and your dependent family members. Some situations may require long-term or specialized support. In that case, your counselor will work with you to find appropriate and cost-effective resources. Costs for these resources are your responsibility.

Online Resources to Boost Your Personal Well-Being and Success

Our website offers expert articles and webinars on increasing energy, building resilience, honing mental toughness, understanding the psychology of money and more. You can also sharpen your professional skills with on-demand leadership and team-building training.

Get Started Today

Best Care EAP is your partner in well-being. Visit bestcareeap.org for self-help information, or to complete the counseling registration form to request an appointment. Sessions are available in person near you, online or over the phone.

Best Care EAP

(402) 354-8000

(800) 801-4182

eap@bestcareeap.org

bestcareeap.org



Best Care EAP services aren't meant to address life-threatening situations. If you or someone you love is experiencing an emergency, call 911 or the 988 Suicide and Crisis Lifeline for immediate assistance.



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My counselor really helped me get through a difficult time in a healthy way.

The counseling I received restored me. I feel a renewed dedication to my work.

Meeting with a counselor has changed my son's life! I'm so grateful.

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