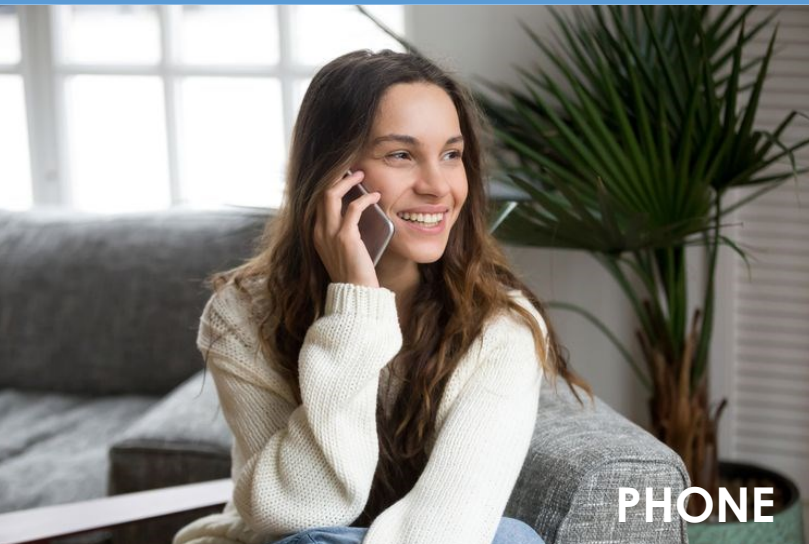


# Best Care EAP TELEHEALTH Services



PHONE



ONLINE

## WHAT ARE YOU WAITING FOR...

At one time or another, life is difficult for all of us. Sometimes the problems we experience are minor or temporary, and sometimes they are significant and deeply rooted. All can have an impact on our quality of life and the ability to perform our work.

Best Care EAP counselors are available to assist with almost any personal, couple, family, or workplace issue. These could include:

- Grief and Loss
- Stress
- Trauma Issues
- Parenting
- Conflict Resolution
- Alcohol/Substance Abuse
- Relationship Issues
- Workplace Concerns

Best Care EAP Telehealth Services can help you deal with these challenges. **EAP is a FREE, CONFIDENTIAL counseling benefit provided by your employer.**

Best Care EAP Telehealth counseling services are short-term. Counselors will assess the issue, facilitate solution focused counseling or make a referral to longer-term support or more specialized resources if needed.

*Best Care EAP Telehealth Services provide real-time access with a Best Care EAP counselor. Sessions can be held over the phone or online. Our online technology offers a video option so you get the personal connection that comes from talking face-to-face while in the*

*comfort of your own home or office.*

## BENEFITS:

- Quick and easy to access
- Professional and confidential
- No need to leave your home or office for an appointment

Telehealth is not appropriate for every situation or location. A Best Care EAP professional will work with you to determine if it is a good option for your situation..

**Contact us at  
402-354-8000/800-801-4182  
or email [EAP@BestCareEAP.org](mailto:EAP@BestCareEAP.org)  
to initiate Best Care EAP Telehealth  
counseling services.**



**BEST CARE EAP**

[BestCareEAP.org](http://BestCareEAP.org)