



YOU ARE NOT ALONE

Emotional Support Resources

We know these are extraordinary times with the challenges of life seemingly being compounded by the stress COVID-19 has brought.

Best Care Employee Assistance Program (EAP) is committed to providing emotional support for you and your dependent family members during this stressful time.

Best Care EAP

Call (402) 354-8000 or (800) 801-4182 or send an email to eap@bestcareeap.org to schedule an appointment.

Counselors are available 24 hours a day, every day of the year. Best Care EAP services are funded by your employer, so you and your dependent family members are eligible to take advantage of up to five free, confidential counseling sessions per problem situation.

Methodist Emotional Support Line

Call (402) 815-8255 (TALK).

Counselors are available via phone Monday through Friday from 8 a.m. to 4 p.m. No appointment is necessary to speak with a counselor, and calls are free and confidential.

Thank you for all you have done during this challenging time. As you continue your work to care for others, don't forget to take time to care for yourself.