

*"We all go through difficult times. It's ok to reach out for help."
- Joy Youngland, Best Care EAP Counselor*

You don't
have to do
this alone.

Best Care's professional counselors are waiting to hear from you. This is not an easy time — lean on someone who can help you cope with stress and anxiety.

Connect with a counselor any time!

COVID-19 Emotional Support Help Line 402-354-8000/800-801-4182

BestCareEAP.org/EAP@BestCareEAP.org



BEST CARE EAP