

# What are you waiting for?

Picking up the phone has got to be the hardest part in contacting your EAP. Rest assured, our staff and counselors are waiting to help you anyway they can.

**Go ahead, take the first step. What have you got to lose? Call us today!**

For confidential counseling for you and your family, contact your Best Care EAP. We're here to help.

Para el asesoramiento confidencial para usted y su familia, contacte a su Best Care EAP. Estamos aquí para ayudarle.

**(402) 354-9000/(800) 801-4182/BestCareEAP.org**

