

“I was hesitant to do a phone counseling session because I wasn't sure it would be as effective. I'm really glad I decided to try it because this has been really helpful to me.” - Best Care Client, March/2020

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!

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

BestCareEAP.org/EAP@BestCareEAP.org

