March 25, 2020

Dear Best Care EAP Partner,

Best Care EAP is here to support you and your organization in navigating the impacts of the COVID-19 pandemic. During these first few weeks, we are all experiencing feelings of isolation, along with uncertainty about our health, safety and financial stability. This may cause overwhelming stress and vulnerability. Each of us needs to dig deep into our reservoir of emotional resilience in order to “weather this storm.”

At Best Care, we have been working quickly and proactively to adapt and provide the most value during this challenging time. Now is a great time to leverage the Best Care EAP services listed below to support your organization, employees and their families:

1. **COVID Counseling HelpLine**
   - Best Care counselors are available by phone for immediate support.

2. **EAP Counseling**
   - EAP counseling is available by phone or online – easy to access and easy to use. Just call for an appointment.

3. **Educational Resources at www.BestCareEAP.org**
   - A variety of educational articles are available on the front page of our website under “What’s Happening”. Additional resources, including recorded webinars, can be found by logging in. Best Care trainers are available to join a virtual team meeting to talk about coping skills or even review EAP services. Many training topics can be facilitated via live webinar.

4. **HR/Management/Leadership Support**
   - If you have specific questions about the emotional or mental health of your employees, BCEAP counselors are available to help assess the situation.

Best Care EAP can help employees develop coping skills to address real or perceived threats in a productive manner. Reach out and let us know how we can help!

Sincerely,

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Jean Faber
Corporate Director
Best Care EAP

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