



Video Counseling

WHAT ARE YOU WAITING FOR...

At one time or another, life is difficult for all of us. Sometimes the problems we experience are minor or temporary, and sometimes they are significant and deeply rooted. All can have an impact on our quality of life and the ability to perform our work.

Best Care EAP counselors are available to assist with almost any personal, couple, family, or workplace issue. These could include:

- Grief and Loss
- Stress
- Trauma Issues
- Parenting
- Conflict Resolution
- Alcohol/Substance Abuse
- Relationship Issues
- Workplace Concerns

Your Best Care EAP service can help you deal with these challenges. **EAP is FREE, CONFIDENTIAL counseling benefit provided by your employer.** Best Care EAP counseling is a great place to start no matter the size or type of issue you are facing.

Best Care EAP counseling services are short-term. Counselors will confidentially assess the issue, facilitate solution focused counseling or make a referral to longer-term support or more specialized resources if needed. In-person and telephonic sessions are always available.

Online Counseling provides real-time access with a Best Care EAP counselor. Our online technology connects with your computer or tablet so you get the personal connection that comes from talking face-to-face with a counselor while in the comfort of your own home or office.

BENEFITS OF VIDEO COUNSELING:

- Professional and confidential
- No need to leave your home or office for an appointment
- Personal connection that comes from talking face-to-face

Online counseling is not appropriate for every situation, or location. A Best Care EAP professional will work with you to determine if online services would work for you.

Contact us at 402-354-8000 / 800-801-4182 or EAP@BestCareEAP.org to initiate the online Best Care EAP counseling services.



BEST CARE EAP

BestCareEAP.org