

# Supporting Your Optimal Health and Well-Being

## Short-Term Counseling

Life presents unexpected issues that can benefit from an objective perspective. Best Care EAP professional counselors are available to provide assistance to you and your benefits eligible dependent family members in many areas:

- Stress
- Job and Career
- Relationships
- Family
- Work/Life Balance
- Addiction
- Grief and Loss
- Personal Wellness
- Parenting
- Depression and Anxiety

## Confidential

Your use of Best Care EAP is completely confidential. Information cannot be shared with anyone without your written permission, unless otherwise required by law.

## Cost Effective

Best Care EAP services are purchased by your employer, and are available to you at no cost. Some situations may require the use of on-going or specialized support. In this case, your Best Care counselor will work with you to find the most appropriate and cost effective resource. Any fees related to using that resource then become your responsibility.

## Convenient

Convenient office hours are available to meet the needs of your busy schedule. Best Care counselors provide assistance over the phone, online via a secure website, and in-person at a convenient location near your worksite or home. Crisis and emergency services are available 24 hours a day, 7 days a week.

**(402) 354-8000, (800) 801-4182**  
**eap@BestCareeap.org**



Experience  
Best Care EAP



**BEST CARE EAP**

[BestCareEAP.org](http://BestCareEAP.org)

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