

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

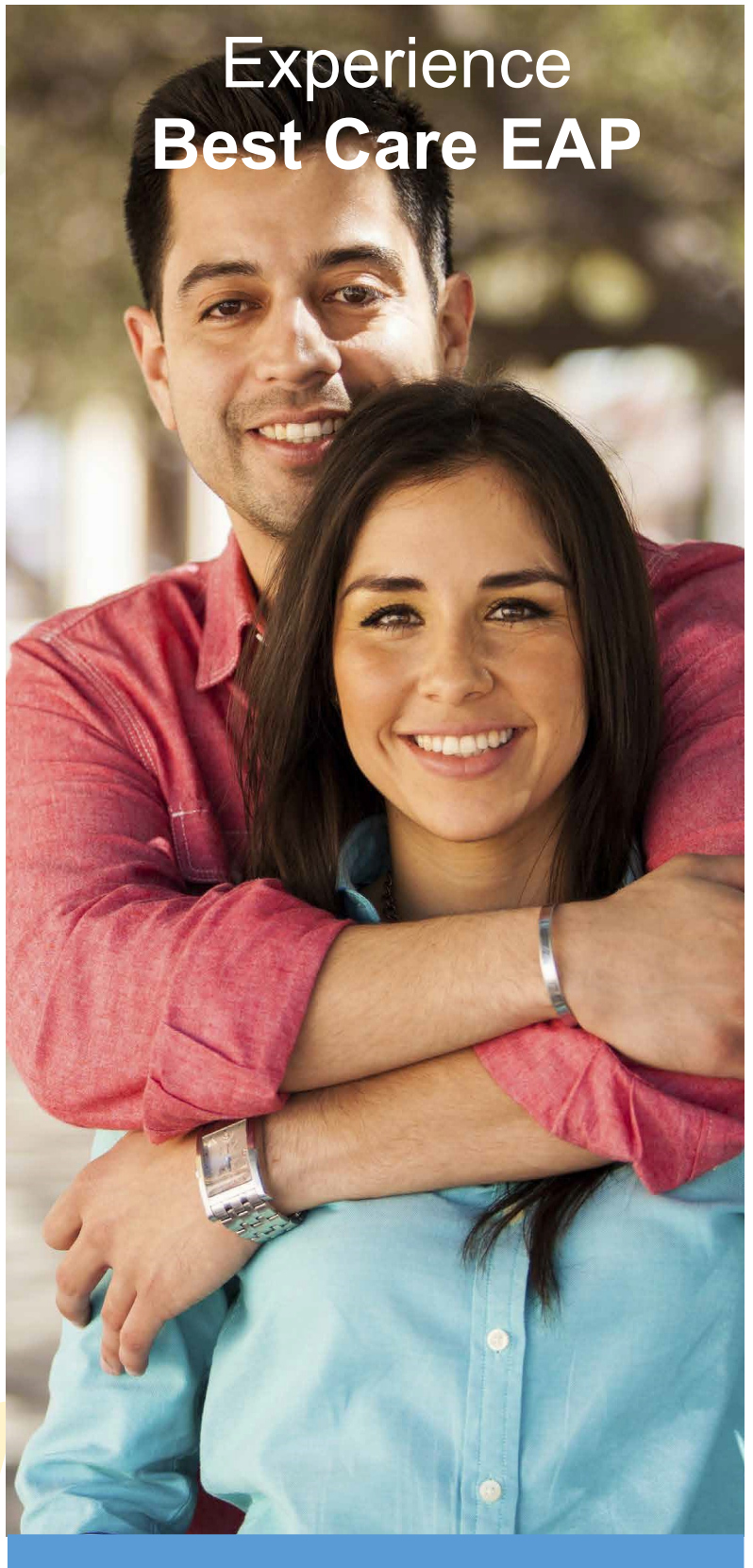
Best Care EAP services are purchased by your employer, and are available to you at no cost. Some situations may require the use of on-going or specialized support. In this case, your Best Care counselor will work with you to find the most appropriate and cost effective resource. Any fees related to using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

Going Home CHECKLIST



Self-Assess:

Genuinely ask yourself, how am I doing?
It's ok to not be ok.



Self - Reflect:

What was a challenging part of your day? Sit with that for a moment. Now, switch your focus to your “win” for the day. This could be something as small as you had time to sit down and eat lunch or helped make someone's day better.



What's waiting for you when you leave work?

As you leave your work site or space, consider what you have to look forward to. This could be take-out from your favorite restaurant, enjoying time with family or binging your favorite show.

It is ok to not be OK. If you feel like you just aren't yourself, and need to talk to someone, call Best Care.



**You can reach out to Best Care EAP 24/7 to speak to a professional counselor.
Call 402-354-8000 or 800-801-4182.**



BEST CARE EAP

What are you waiting for?

Best Care EAP is designed to assist: (1) Your **organization** in addressing productivity issues and: (2) Your **employees** in identifying and resolving personal problems that may be impacting their job performance, health and well-being.

Why does your organization need **Best Care EAP**?

Substance use:

- Up to 40% of industrial fatalities and 47% of industrial injuries can be linked to alcohol consumption and alcoholism.
- Substance abuse costs American businesses more than \$559 billion a year in lost productivity, crime and health care costs.

Depression and other mental health issues:

- More workers miss work because of mental health issues than any physical condition like cancer and heart disease. This equates to \$80-\$100 billion in lost productivity each year.
- Anxiety is the 2nd leading cause for someone to reach out to Best Care.

Violence in the workplace:

- Workplace violence is caused by a variety of factors, including job stress, job-related conflict, layoffs and firings, alcohol and drug abuse, and domestic problems spilling over into the workplace.
- About 2 million people every year report some type of workplace violence .

Dependent/Elder care challenges:

- 46% of dads and 52% of moms stress about child care needs during the workday
- 30% of employees are caring for an elderly relative
- 13% are caring for a child with special needs
- 51% of employees use time off to deal with family responsibilities instead of taking a trip or relaxing at home

Contact Best Care today to see how you can leverage our services and expertise for building a healthier and more productive organization. Partnering with Best Care is easier and more affordable than you may think.

Seriously, what are you waiting for?



BEST CARE EAP

402.354.8000/800.801.4182/www.bestcareeap.org
9239 W. Center Road, Suite 201, Omaha, NE 68124