

Your First Best Care EAP Counseling Session



The first step is done. You made an appointment and that took courage! Good counseling is all about helping you find your own solutions so you can face future challenges with confidence.

Here are five tips to help you make the most of your sessions:

- 1) Prepare for sessions** by writing down questions, counseling goals, or topics to discuss.
- 2) Be honest in your discussions** with your counselor. They are required to keep discussions completely confidential, unless you are a danger to yourself or others.
- 3) Prepare to feel discomfort** because emotions may build up as you learn to approach problems in ways that might be new to you. This is to be expected.
- 4) Realize the process isn't a quick fix** and you'll need to give it time. It's normal to feel like you've run out of options and to look for relief as soon as possible. Be patient with the process.
- 5) Communicate with us about your care** and speak up if you are thinking about ending counseling. We truly care about your health and if something isn't working, we want to know.

Questions? Call (402) 354-8000 or (800) 801-4182 or email us at eap@BestCareEAP.org.



BEST CARE
EMPLOYEE ASSISTANCE PROGRAM