**COPING WITH STRESS RESOURCES**

**Methodist Resources**

1. Bestcare EAP offers services to Methodist employees and their families. Call (402) 354-8000 or (800) 801-4182, send an email to eap@bestcareeap.org, or [send a message here](https://www.bestcareeap.org/contact). Counselors are available 24 hours a day, every day of the year. Best Care EAP services are funded by Methodist Health System, and all Methodist employees and dependent family members are eligible to take advantage of up to five confidential counseling sessions per problem situation.
2. Bestcare EAP and the Methodist Hospital Community Counseling Program are partnering to offer emotional support resources for employees and the community. To access a professional counselor for a confidential session or consultation, contact
	1. ***Methodist Emotional Support Line***

*Call (402) 815-8255 (TALK). CCP counselors are available Monday through Friday from 8 a.m. to 4 p.m. The Methodist Hospital Community Counseling Program is made possible thanks to generous donors who support*[*Methodist Hospital Foundation*](https://www.methodisthospitalfoundation.org/)*.*

1. On-site support is also available.
	1. ***On-site support***

*Professional counselors are also available to provide on-site group and/or individual support for impacted employees. Based upon consultation with the group’s leadership, a customized response will be facilitated by the counselor to help group members understand and process physical and emotional responses, as well as discuss ways to cope in a manner that enhances resiliency and well-being. For more information or to discuss options, please contact Best Care EAP at (402) 354-8000.*