



The Best Care Employee Assistance Program (EAP) offers a full suite of mental health and well-being support for you and your benefit eligible dependents. Your benefit, provided at no cost to you through your employer, allows you to choose how, what, when, and where you would like to receive the EAP services and the resources available.

Short-Term Counseling - Five (5) sessions

- Best Care EAP provides short-term confidential counseling with a licensed, counselor for any kind of personal or job issue, including but not limited to:

- Stress
- Marriage/relationship
- Family dynamics
- Work/life balance
- Addiction and recovery
- Grief and loss

Sessions are available day, evening, and weekend, and conducted in-person or via telehealth. You may schedule sessions by completing the counseling registration form found on the Best Care EAP website: www.bestcareeap.org/forms.

Talkspace Virtual Therapy

- Talkspace Virtual Therapy will offer another short-term counseling option. This option is ideal for members who are comfortable with self-scheduling and communicating virtually or by text. Members may access this through the Best Care member portal, directly at talkspace.com/bestcareeap or by downloading the talkspace app. You will need your company code (below) to access services through your EAP provider.

My Life Expert

- My Life Expert is a self-help web portal offering thousands of articles, videos, webinars, and interactive activities, a discount marketplace, integrated soft skills courses, and more. You can access this site directly at www.BestCareEAP.mylifeexpert.com or through the Best Care EAP member portal using your company code (below) to create an account.

Work/Life Referral

- Best Care Work/Life resources provide consultation and guidance with everyday life hurdles such as adoption guidance, pet care, housing & utility programs, education & college resources, and more. Contact Best Care EAP to access this service.

Legal/Financial

- This service includes a free initial consultation plus a 25% discount off ongoing assistance. Contact Best Care EAP to access this service. You can also access forms/information such as sample wills, leases, etc. from your Best Care EAP member portal.

Login Information

- **Username/Company code: bcNMHSe Password: NMHS**
- For more information on all these benefits visit bestcareeap.org
- Visit our [Resource Hub](#) on our website for the latest training and well-being information

Your use of Best Care EAP counseling is confidential and protected under HIPAA. Counselors are licensed in the state where the member resides. In addition, crisis and emergency services are available 24 hours a day, 7 days a week.

