2024 Summary of Services: Duchesne Academy of the Sacred Heart

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.

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: bcDASHe Password: DASH**
- 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.