



WHEN LIFE'S ROAD GETS ROUGH, HELP IS CLOSER THAN YOU THINK.

Telehealth counseling is private, convenient, and a real option for Nebraskans. If you're ready to seek help, contact your doctor or health insurance provider for telehealth options.



Learn more about Telehealth Counseling

Scan the QR code or visit:

telehealth.hhs.gov/patients/additional-resources