

A close-up, profile view of a middle-aged man with a grey beard and short grey hair, wearing a blue and red plaid shirt. He is holding a black smartphone to his ear with his right hand, looking down with a serious expression. The background is blurred, showing what appears to be a wooden cabinet.

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

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telehealth.hhs.gov/patients/additional-resources