

A close-up, high-angle shot of a middle-aged man with a grey beard and mustache, 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 softly blurred, showing an indoor setting with warm lighting.

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