



NEBRASKA
**METHODIST
COLLEGE**
The Josie Harper Campus

EAP: Mental Health Awareness

Learning Center

Location/Date/Time

Webinar

Monday, May 4, 2026
11:00am-11:30am

Presented by

Rachael Kros, M.S. Ed, EAP
Training Consultant, Best Care
EAP

Handouts

To access the handouts, please refer to your course registration emails, or the course.

Details

Mental health matters—every day, for everyone. Join us for Member Training: Mental Health Awareness, a free 30-minute webinar that shines a light on the importance of emotional well-being in the workplace and beyond. Learn how to recognize signs of mental health challenges, support others with empathy, and foster a culture of openness and resilience. Plus, discover how Best Care EAP provides confidential resources and expert support to help you and your team thrive. Let's break the stigma and build a healthier, more connected community—starting with you.

Agenda/Contact Hours

10:50am-11:00am: Log In

11:00am-11:30am: EAP: Mental Health Awareness (0.5 CH)



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