



ABCs of BEST-ness

How to BEST Support Each Other

August 31, 2020

A pandemic presents a unique opportunity for us all. It's a time where EVERYONE can relate because we are all experiencing the same things. That also means we can support each other better than we ever have before, because we all get it!

This 14-minute **video** first aired in May, as lockdown was lifted and we were starting to venture our way

out into the world. It's been watched over 500 times and the content still applies and will be helpful as we return to school.

Use the buddy system! Call us 24/7 at 877.256.9302 for phone-based support!

If you feel that the support of a counselor or professional coach would be of help to you, call our 24 hour, REALiving EAP Call Center at 1.877.256.9302 for assistance.

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Helping You Be Your BEST.