

**As a Nebraska Methodist  
College student, you  
have free, unlimited  
access to therapists +  
on-demand crisis  
counseling.**



# Getting Started is Easy.

Register at [thevirtualcaregroup.com/methodistcollege](https://thevirtualcaregroup.com/methodistcollege)  
to speak to a therapist today!

Please use zip code **68114** when prompted.



## We're here to help.

Please email [care@thevirtualcaregroup.com](mailto:care@thevirtualcaregroup.com)  
with any questions or concerns.