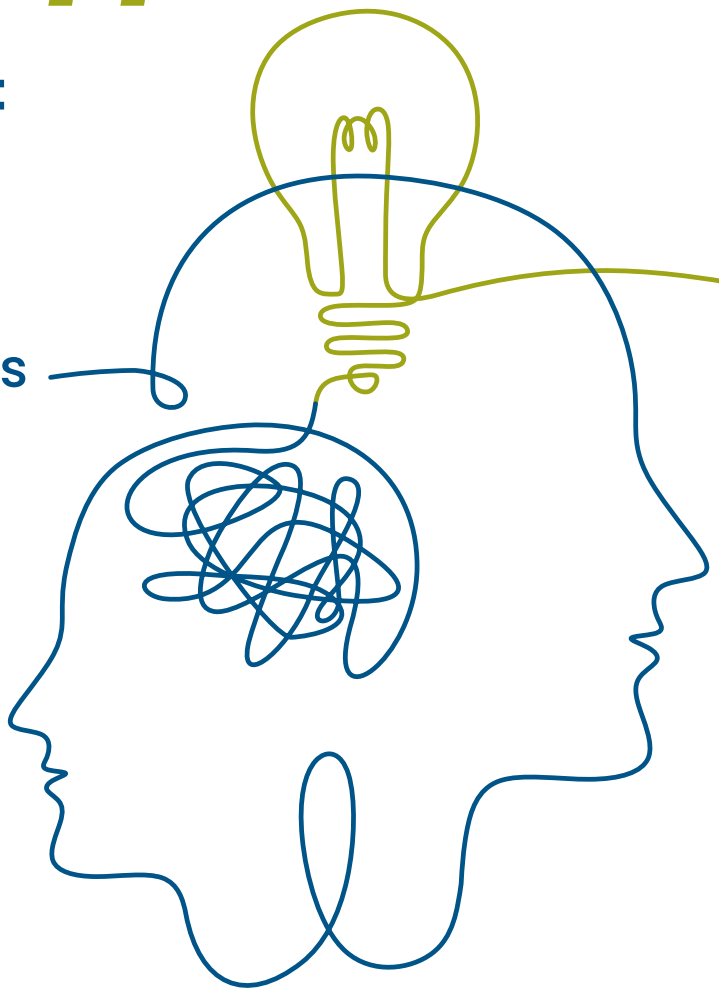
EFR EMPLOYEE & FAMILY RESOURCES

Confidential Counseling—

Because Life Happens.

Struggling with stress or just need someone to talk to?

Your Employee Assistance Program (EAP) through Employee & Family Resources can connect you with the support of a counselor.



How EAP Counseling Works

- Assessment & Brief Counseling
- Referral to Specialized Resources
- Confidential & Free
- Coverage for You and Household Family Members

READY TO GET STARTED?

Call 800-327-4692
to schedule an appointment or visit efr.org/eap-counseling to learn more.