



EFR EMPLOYEE & FAMILY RESOURCES

Confidential Counseling—

Because Life Happens.

**Struggling with stress or just
need someone to talk to?**

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

**Some reasons students utilize
SAP include:**

- Anxiety, worry or stress
- Depression, suicidal thoughts
or self-harm
- Bullying or conflict
- Relationship concerns
- School activities or stressors

READY TO GET STARTED?

**Call 800-327-4692
or 515-244-6090**

to schedule an appointment or
visit efr.org/SAP to learn more.

