

# Your EAP:

## Support Made Simple.



Asking for help can feel like the hardest step—  
EFR makes it easier.

**No logins**

**No enrollment**

**No hassle**

**Call us 24/7/365 or connect online.**

Help is just a call, chat, or click away.



**EFR** EMPLOYEE & FAMILY RESOURCES

800-327-4692 | [efr.org](http://efr.org)