

Talk to someone anytime.

Your mental well-being matters.

Your EAP offers confidential counseling—whether it's stress, anxiety, or something you just need to talk through, support is available 24/7/365.

Call 800-327-4692 to speak with a counselor.



Scan the QR code or
visit efr.org/efrbenefits
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EFR EMPLOYEE & FAMILY RESOURCES