



EFR EMPLOYEE & FAMILY RESOURCES

efr.org

Call (800) 327-4692
to Access Your Services

Employee Assistance Program Service Summary

Your Employee Assistance Program is a toolbox of free and confidential services for you and your family.

Phone-Based Support

Unlimited

Call us any time you have an issue, concern, or question. You have 24/7 access to masters-level counselors.

In-Person or Telehealth Counseling

6 Sessions

Arrange counseling sessions with a masters-level counselor near your home or work.

Togetherall

As needed

Join an online community that offers an anonymous space to connect with your peers and access self-help resources.

Life Coaching

6 Sessions

Unlock your potential and achieve your goals with the expert guidance of a certified life coach.

First Responder Coaching

6 Sessions

Partner with a trained coach from the first responder community for guidance and support on the unique challenges and circumstances first responders face.

Financial Consultation

1 consultation per issue

Speak with a financial professional and access a library of financial resources.

Legal Consultation

1 consultation per issue

Meet with a licensed attorney and access self-help legal documents.

Child/Eldercare Resources

As needed

Free telephonic consultations and tailored lists of vetted local resources.

Identity Theft Assistance Services

As needed

Receive assistance with restoring identity and good credit from a highly trained FCRA certified fraud resolution specialist or licensed attorney.

Nutrition Consulting

6 hours with a dietitian

Access one-on-one virtual nutrition consulting to help you establish healthy habits, meal planning, etc.
Available to employees only.

Retirement Readiness Consulting

4 Sessions

Meet with an independent financial advisor for a multistep consultation process helping with your long-term financial planning goals.

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