



EFR EMPLOYEE & FAMILY RESOURCES

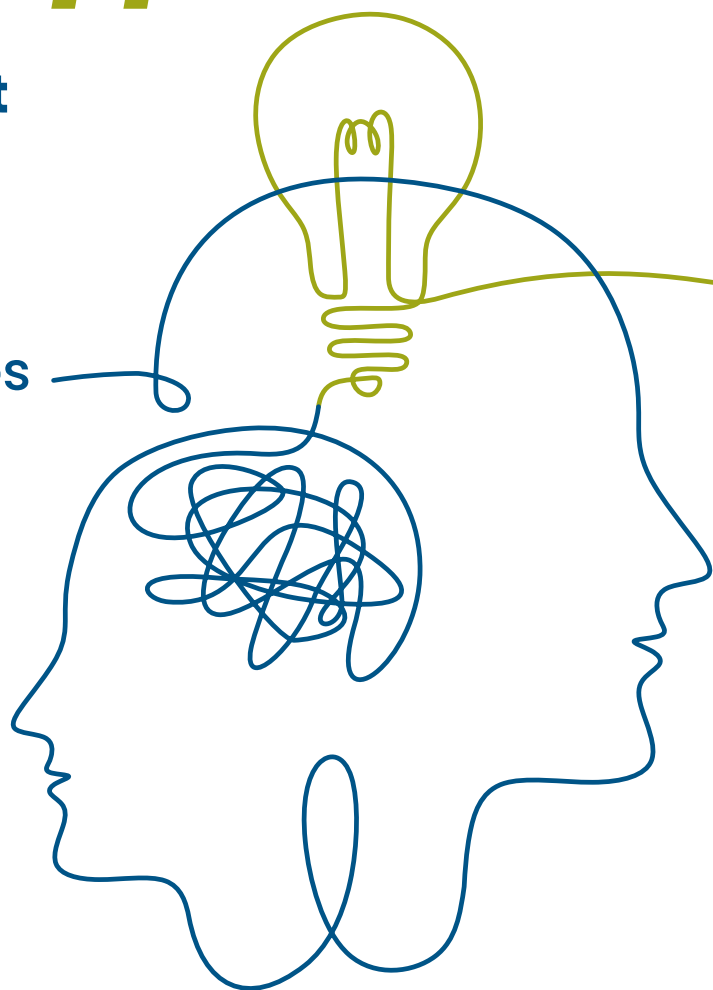
# **Confidential Counseling— *Because Life Happens.***

**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](https://efr.org/eap-counseling)  
to learn more.

