

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
to learn more.

