

SCAN TO
EXPLORE YOUR
EAP BENEFIT



Your **Employee Assistance Program**

Your Employee Assistance Program is a toolbox of **free** and **confidential** services to help you build a happier, healthier life. From expert legal and financial guidance to professional counseling and so much more, access a wealth of resources designed to enhance every dimension of well-being. Your EAP is your personal support system for all of life's challenges!

Plus it's not just for you; eligible family members are encouraged to use the benefit, too!



EFR EMPLOYEE & FAMILY RESOURCES

EAP Benefits Include:

- In-Person or Telehealth Counseling
- Life Coaching
- First Responder Coaching
- Togetherall Peer Support Community
- Legal Consultation
- Financial Consultation
- ID Theft Resolution
- Eldercare Resources
- Childcare Resources

Life Happens, We're Here to Help!

resources such as blog,
webinars, and podcast
available at www.efr.org



800-327-4692
Free, Confidential Assistance