



EFR EMPLOYEE & FAMILY RESOURCES

# EAP Employee Assistance Program

an employer provided benefit

Life can bring unexpected changes, impacting your stress levels, family dynamics, and finances. Recognizing this, your employer partners with EFR to provide an Employee Assistance Program (EAP), a free and confidential benefit for you and your family. Consider the EAP your comprehensive support network; we offer access to expert providers in mental health, financial advice, legal assistance, and more. For any matters affecting your personal or professional well-being, connect with your EAP!

## Your EAP can help you with all aspects of your life including:

- Stress
- Relationships
- Mental health
- Substance abuse
- Grief
- Legal matters
- Financial questions
- Personal development



***Life Happens. We're Here to Help.***

To find out more about your EAP benefit  
call: 800.327.4692 or visit [efr.org](http://efr.org)

Call us anytime: 800.327.4692

## What we offer:

### **In-Person Counseling:**

Confidential counseling for support through life.

### **Togetherall:**

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

### **Life Coaching:**

Unlock your potential and achieve your goals with the expert guidance of a certified life coach. Specialized First Responder Coaching available.

### **Legal & Financial Consultation:**

Free, 30-minute consultation with legal and financial professionals. Includes unlimited access to online legal and financial resources like calculators, expert articles and legal templates.

### **Elder and Childcare Consultation:**

Free telephonic consultations and tailored lists of vetted local resources.

### **ID Theft Assistance:**

Safeguard your identity with an ID theft restoration toolkit and support from certified fraud resolution specialists.

**The EAP is available to household family members.**

## What you can expect:

### **When Calling Us:**

Describe your concerns to a counselor who will spend time with you to assess your needs and connect you with appropriate services.

### **Confidentiality:**

Your EAP benefit is confidential resource.

### **Counselor Credentials:**

Our EAP credentialed counselors hold masters-level degrees.

### **Cost:**

EAP costs are covered by your employer.

Employee and Family Resources:  
505 5th Ave. Suite 600, Des Moines, IA 50309



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