



YOU SEEM TO BE GOING  
THROUGH A LOT RIGHT NOW.  
HAVE YOU CONSIDERED  
TALKING TO A PROFESSIONAL?

# ***BE THERE AS A FRIEND— WE'LL TAKE CARE OF THE COUNSELING.***

Your friends and family can be a wonderful part of your support system, However, they're not a replacement for professional help.

Connect with us 24/7/365 for free, confidential counseling.

Call: (515) 244-6090 or (800) 327-4692. or visit **efr.org**



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