



DOES LIFE FEEL LIKE 'TOO MUCH'? LET US HELP.

***WHETHER IT'S CLASSES, EXTRACURRICULARS, OR RELATIONSHIPS—
LIFE PULLS YOU IN MANY DIRECTIONS.***

Caring for your mental health is key to feeling and functioning at your best when life gets busy. Connect with us 24/7/365 for free, confidential counseling.

Call: (515) 244-6090 or (800) 327-4692.

or visit
efr.org



EFA EMPLOYEE & FAMILY RESOURCES