

Help with life's challenges is just a tap away!

Use your **Student Assistance Program** to explore **free** mental health tools, including confidential counseling sessions and live chats with counselors!



What is a **Student Assistance Program?**

Students and anyone in their household are eligible to receive free confidential counseling sessions.

The Student Assistance Program is designed for assessment, brief counseling and referral.

Some reasons students utilize SAP include:

- Anxiety, worry or stress
- Depression, suicidal thoughts or self-harm
- Bullying or conflict
- Relationship concerns
- School activities or stressors

There are a few ways to use your SAP!

You can chat with our counselors through our **EFR app**, call us at **515-244-6090** (24/7/365), or schedule a session with one of our counselors in-office or virtually.



EFR EMPLOYEE & FAMILY RESOURCES
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