

EFR's Student Helpline



Confidential
telephone support
for students
and families!

- 24/7 phone access to **masters-level counselors**
- Supports common stressors including **school concerns, relationships, grief, substance use,** and much more
- Referral to **local resources** for continued services



EFR EMPLOYEE & FAMILY RESOURCES

Call us today!
515-244-6090

efr.org