

Your Student Assistance Program

SAP

✓ It's Free ✓ It's Private ✓ It's Always Available

What is the Student Assistance Program?

Your SAP is a resource for you and your family when you feel like you need support. We can help you face life's challenges, such as:

- School stress
- Family or friendship problems
- Managing emotions
- Alcohol or drug worries
- Anything that interferes with your daily living, happiness, or overall well-being



What Does Your SAP Provide?

- 24/7/365 phone access to a counselor
- Free virtual counseling sessions
- If needed, we will connect you with other help options.

How Do You Use Your SAP?

Call us anytime—day or night—as many times as you need.

515-244-6090

Scan to save
this number in
your phone.



Together, we will identify steps you can take to handle whatever challenge life is throwing your way.

We're here to help!

Call **515-244-6090** or visit **efr.org/sap** to learn more.



EFR EMPLOYEE & FAMILY RESOURCES