



EFR EMPLOYEE & FAMILY RESOURCES

SUMMER BREAK?

At EFR, we know that summer can be just as busy and stressful as the school year. Whether you're simply struggling to balance it all or you're experiencing a more complex life challenge, EFR is here for you. Through the Student Assistance Program provided by your school, students and household family members have access to free, confidential counseling.

USING YOUR SAP:

- 1.** Call us at (515) 244-6090 or (800) 327-4692.
- 2.** The intake counselor will collect some basic info such as name, phone number, and date of birth. This counselor will also help you through any urgent needs or concerns.
- 3.** Then you will make your counseling appointment. You will receive a reminder call the day before your scheduled appointment.

or visit
efr.org

