



EFR EMPLOYEE & FAMILY RESOURCES

877.883.1387
INFO@EFR.ORG

PROGRAM OVERVIEW

CORE EAP



Counseling

This benefit includes 3 or 6 sessions with a masters-level counselor. Counseling sessions may take place virtually or in-person.



24/7/365

Phone-Based Support

EFR provides unlimited telephonic access to a masters-level counselor for immediate support.



Life Coaching

Receive telephonic or virtual coaching to nurture personal growth and develop soft skills. First responders can receive support through specialized life coaching.



Legal Consultation

Consult with an attorney in-person or virtually for any personal legal issue, excluding employment-related legal concerns. If an attorney is retained for legal services, there is a 25% discount on legal fees.



Financial Consultation

Consult with a financial professional in-person or virtually. Referral to a local provider can be arranged if ongoing assistance is needed. In addition, EFR provides unlimited access to an exclusive financial website.



Dedicated Account Manager

As a high-touch EAP, your dedicated Account Manager serves as your strategic partner and provides recommendations, consultations, and ongoing support for EAP promotion.



On-site Crisis Response

Receive on-site group debriefings, generally held 24-72 hours of the incident, to accelerate the recovery time of affected individuals and help your organization return to normal as quickly as possible.



Togetherall

Join Togetherall's free and anonymous online community available 24/7 for mental health support and a sense of connection. The platform also includes access to a library of self-assessments and other mental health resources.

Additional Services Included with Core EAP:

- ID Theft Resolution
- Child/Elder Care Resources
- Wellness Education
- Mobile App
- Promotional Materials
- Benefits Orientation
- Management Referral Program
- Management Consultation
- Culture Audit Including SWOT Analysis and Action Plan
- Utilization Report
- First Responder Coaching