



EFR EMPLOYEE & FAMILY RESOURCES
efr.org

Call (800) 327-4692
to Access Your Services

Employee Assistance Program Service Summary

Your Employee Assistance Program is a toolbox of free and confidential services for you and your family to help build a happier, healthier life.

Phone-Based Support *unlimited*

Call us any time you have an issue, concern, or question. You have 24/7 access to masters-level counselors.

In-Person or Telehealth Counseling *6 Sessions*

Arrange counseling sessions with a masters-level counselor near your home or work.

Togetherall *As Needed*

Join an online community that offers an anonymous space to connect with your peers and access self-help resources.

Life Coaching *6 Sessions*

Unlock your potential and achieve your goals with the expert guidance of a certified life coach.

First Responder Coaching *6 Sessions*

Partner with a trained coach from the first responder community for guidance and support on the unique challenges and circumstances first responders face.

Financial Consultation *1- 30 minute consultation per issue*

Speak with a financial professional and access a library of financial resources at efr.org/financial.
Username: EFR Password: EFR

Legal Consultation *1- 30 minute consultation per issue*

Meet with a licensed attorney and access self-help legal documents at efr.org/legal.
Username: EFR Password: EFR

Child/Eldercare Resources *As Needed*

Free telephonic consultations and tailored lists of vetted local resources.

Identity Theft Resolution Services *As Needed*

Receive assistance with restoring identity and good credit from a highly trained FCRA certified fraud resolution specialist or licensed attorney.