



EFR EMPLOYEE & FAMILY RESOURCES

EAP Employee Assistance Program

an employer provided benefit

Life can bring unexpected changes, impacting your stress levels, family dynamics, and finances. Recognizing this, your employer partners with EFR to provide an Employee Assistance Program (EAP), a free and confidential benefit for you and your family. Consider the EAP your comprehensive support network; we offer access to expert providers in mental health, financial advice, legal assistance, and more. For any matters affecting your personal or professional well-being, connect with your EAP!

Your EAP can help you with all aspects of your life including:

- Stress
- Relationships
- Mental health
- Substance abuse
- Grief
- Legal matters
- Financial questions
- Personal development



Life Happens. We're Here to Help.

To find out more about your EAP benefit
call: 800.327.4692 or visit efr.org