

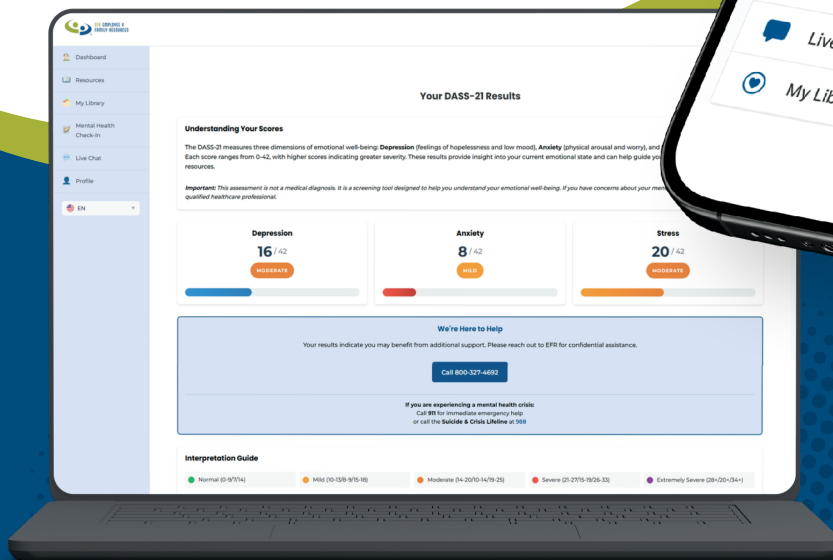
# Your EFR Member Portal

- Check in on your mental health
- Receive personalized recommendations
- Explore our blogs, podcasts, and webinars
- Access your EAP benefits anytime
- Chat live with a counselor

TAKE EFR  
WHEREVER  
YOU GO!

## How to Join

Visit [efr.org/register](https://efr.org/register) to create a profile, then download the app.



EFR EMPLOYEE & FAMILY RESOURCES