

Your EAP offers **FREE** counseling services



We can help and support you with:

- Depression, sadness, or grief
- Anxiety or panic
- Job stress
- Drug or alcohol use disorders
- Parent/child relationships
- Marital or couple relationships
- Divorce
- Concerns for a friend or family member
- Self-esteem struggles



EFR EMPLOYEE & FAMILY RESOURCES

Life Happens. We're Here to Help.

800.327.4692

www.efr.org