



# EMPLOYEE ASSISTANCE PROGRAM (EAP)

[www.efr.org](http://www.efr.org)



EFR EMPLOYEE & FAMILY RESOURCES

## Black Hawk County (ISAC)

Call **(800) 327-4692** to Access Your Benefit

### Employee Assistance Program

#### Get To Know Your Benefits

Your Employee Assistance Program (EAP) provides a variety of counseling, consultations, resources, and coaching benefits for you and your family members. Your EAP benefits are **cost-free** to you, **confidential**, and available **24/7/365**.

#### We Can Help With:

- Stress Management
- Relationship Concerns
- Personal Growth
- Anxiety or Depression
- Legal Issues
- Identity Theft
- Tax Questions
- Elder Care
- Financial Concerns
- Budgeting and Debt



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