

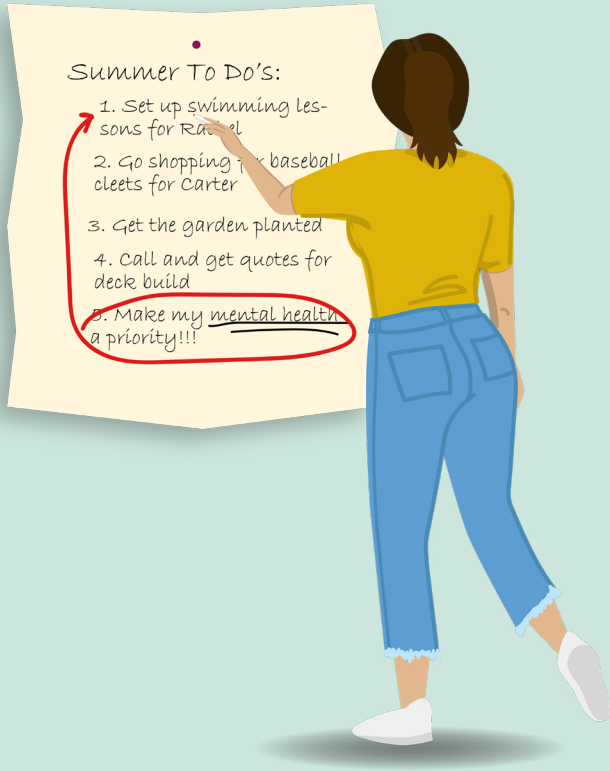


EFR EMPLOYEE & FAMILY RESOURCES

Student Assistance Program

Summer...

Break?!



At EFR, we know that summer can be just as busy and stressful as the school year. Whether you're simply struggling to balance it all or you're experiencing a more complex life challenge, EFR is here for you.

Through the Student Assistance Program provided by your school, your child and household family members have access to free, confidential counseling.

How to Use Your SAP:

Watch the demo of what a call to your SAP is like!



1. Call us at (515) 244-6090 (or 800-327-4692 if you're outside of the Des Moines area).
2. The intake counselor will collect some basic info such as name, phone number, and date of birth. This counselor will also help you through any urgent needs or issues.
3. Then you will make your counseling appointment. You will receive a reminder call the day before your scheduled appointment.

efr.org

Life Happens. We're Here to Help.