

Employee Assistance Program (EAP)

Free Benefit provided by HACAP

Employee & Family Resources (EFR) is a full-service EAP that supports mental health in our workplace by providing quality resources for a variety of issues that may be challenging for us.

- **Legal Consultation:** References to a local attorney for a free 30 minute consultation for non-employment related legal issues. If you choose ongoing representation, a 25% reduction in attorney fees is available.



● **TOGETHERALL**

A supportive online peer community where you can get (and give) support to others who understand what you're going through. **TOGETHERALL** also has a library of support articles and self-assessments. Check out this 1 minute video to learn more about **TOGETHERALL** <https://youtu.be/0YPcezDM3a0>

- **Counseling:** Services are available to families, adults and children. The Masters-level clinicians have experience working with people from all backgrounds, and can provide support with depression, stress, grief & loss, drug or alcohol concerns, parent/child relationships and marital or couple relationships. This 2 minute videos shows you what to expect when you call for counseling services. <https://youtu.be/2XRY89p0kLl>

- **Financial Consultation:** Need help with a specific financial matter? EAP clinicians can connect you with a certified financial expert for a free 30-minute telephonic consultation. Some common topics for consultation include debt management, bankruptcy, loans, taxes and financial aid.

Life Happens.

EAP services are here to help

When you need help and support with life's challenges,

call 800-327-4692, available 24/7/365.

Visit <https://efr.org/how-we-help/work/>

for additional information and resources