



Cottingham & Butler

Employee Assistance Program

Overview

Services

FAQ

Employee Assistance Program

Free, 24/7 virtual support and up to 6 in-person sessions for you and your dependents of all ages

Overview

The EAP provides counseling, coaching benefits, and additional resources related to financial, legal, eldercare, childcare, and identity theft resolution.

- **24/7 unlimited telephonic support:** Call (800) 327-4692 any time you have an issue, concern or questions. Master-level counselors available.
- **6 free in-person or telephonic counseling sessions:** Arrange counseling sessions with a counselor near your home or work.
- **24/7 online community:** Access free, anonymous support from Togetherall's online community, self-assessments and other resources.
- **6 free telephonic life coaching sessions:** Get tailored advice on time management, work life balance, goal setting, communication and personal growth.

Employee Assistance Program **Service Summary**

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

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

Phone-Based Support *unlimited*

Call us any time you have an issue, concern, or question. You have 24/7 access to masters-level counselors.

Arrange counseling sessions with a masters-level counselor near your home or work. Household family members are eligible.

In-Person or Telehealth Counseling *sessions*

Togetherall *as needed*

Join Togetherall's free and anonymous online community available 24/7 for mental health support and a sense of connection. The platform also includes access to a library of self-assessments and other mental health resources.

Speak with a life coach and receive tailored advice on matters involving time management, work-life integration, goal setting, communication skills, and other areas of personal growth.

Telephonic Life Coaching *sessions per year*

Telephonic Financial Consultation *1 30-minute session per issue*

Speak with a financial professional about each separate issue, and access a free financial check-up, financial library, and a variety of other financial tools by visiting efr.org/financial.

Meet with a licensed attorney with expertise in your area of need. Visit efr.org/legal for more information regarding retention and self-help legal documents.

In-Person or Telephonic Legal Consultation *1 30-minute session per issue*

Eldercare Resources *as needed*

Access information, referral resources, and support involving the care for an aging family member.

Receive childcare resource referrals where locally available. All referrals are state licensed/ certified childcare providers.

Childcare Resources *as needed*

Identity Theft Resolution Services *as needed*

Receive assistance with restoring identity and good credit from a highly trained FCRA certified fraud resolution specialist or licensed attorney.

Stay up-to-date by reading our monthly newsletter, watching our webinars, and/or completing self assessments. Visit efr.org for more information.

Additional Benefits *provided regularly*



EFR EMPLOYEE & FAMILY RESOURCES

Understanding Your EAP Benefits

EFR is dedicated to helping people manage life's challenges so they can reach their full potential.

When should I call the EAP?

Call **800-327-4692** whenever you are experiencing one of life's challenges. We are available 24/7/365.

What happens when I call?

A representative from EFR will answer your call. The representative will gather demographic information and help you connect with a masters-level counselor.

You will be connected with a masters-level counselor to discuss your issues, concerns, or struggles.

What happens when I see the EAP counselor?

- The masters-level counselor will listen to your concerns.
- The counselor will also help you explore other areas of your life to assess for strengths and supports, or factors contributing to your presenting issue or concern.
- The counselor will meet with you up to **sessions** to complete a comprehensive assessment of your current circumstances and work with you to establish a plan for EAP sessions.

Options for EAP sessions include:

- Assessment completed and remaining sessions are used for brief counseling and problem resolution.
- Assessment completed and a referral is recommended for services that fall outside the scope of EAP services.

Common Questions

Can I use the EAP more than once a year?

- Yes, but each time you use the EAP, the counselor will be assessing your life circumstances so you will be eligible for a new set of **sessions** if your circumstances have changed, or in 12 months, whichever comes first.

What is a new set of circumstances?

- A new development in your life that has changed since your last EAP assessment.

Why can't I use the EAP more often?

- EAP is an assessment, referral, and brief counseling model to assist employees with managing a wide variety of personal issues, but is not intended to replace therapy, treatment, or ongoing counseling.

Call EFR today!
800-327-4692

IS ANGRER ISSUES?



Your **Employee Assistance Program** will help you find solutions to cool your jets.



EFR EMPLOYEE & FAMILY RESOURCES

800-327-4692

www.efr.org



Achieve Your Full Potential with *Life Coaching*

Expert Guidance:

Partner with a Life Coach for personalized expertise and support.

Structured Progress:

Goal-oriented approaches to navigate personal and professional challenges.

Accountable Achievements:

Stay on track and accountable on your journey to success.

Personal Transformation:

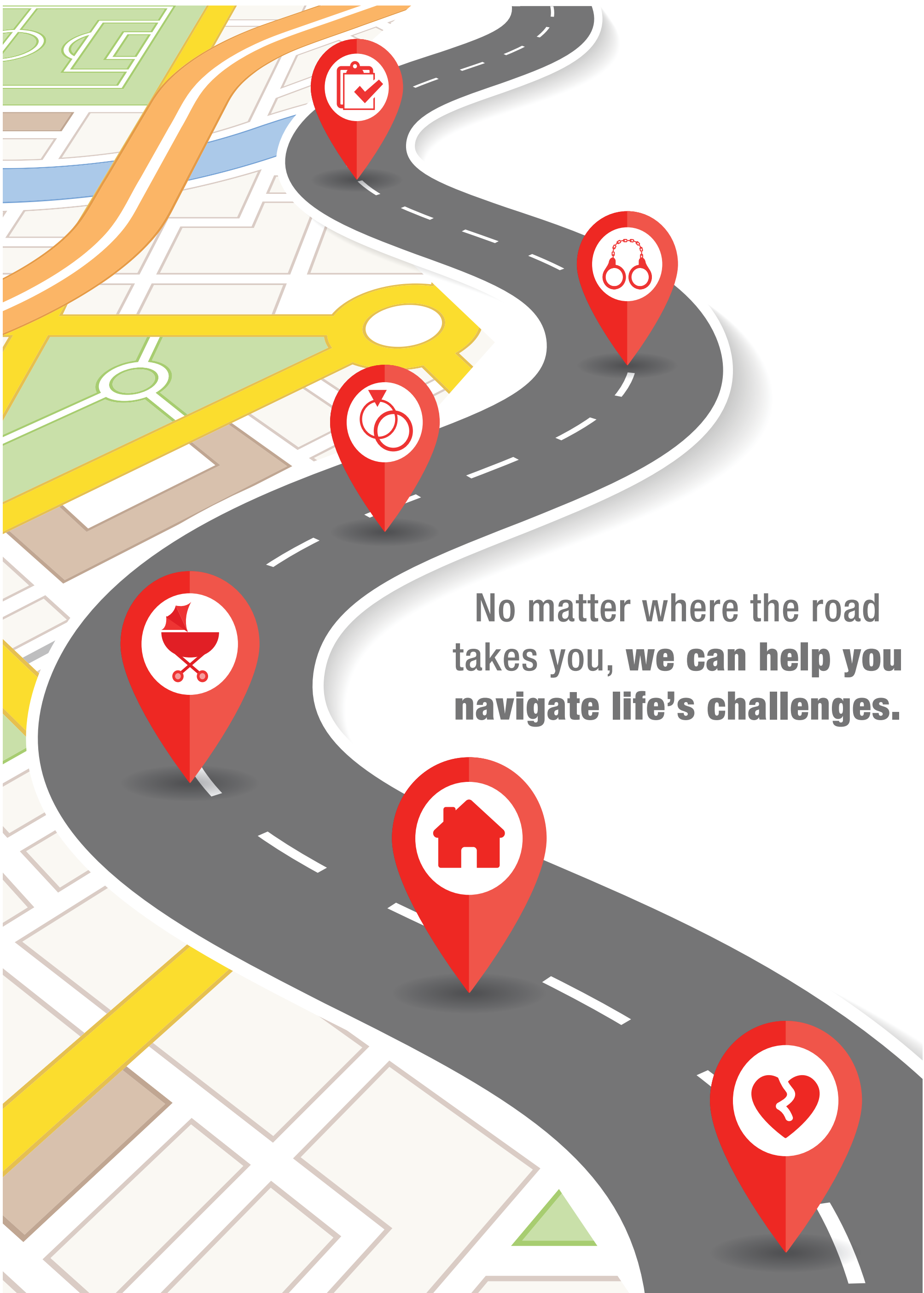
Overcome obstacles and unlock new opportunities for growth.

Team Up with an EFR Life Coach

Call 800-327-4692 for free, confidential coaching.
Step into your best self today.

EFR EMPLOYEE & FAMILY RESOURCES





No matter where the road takes you, **we can help you navigate life's challenges.**



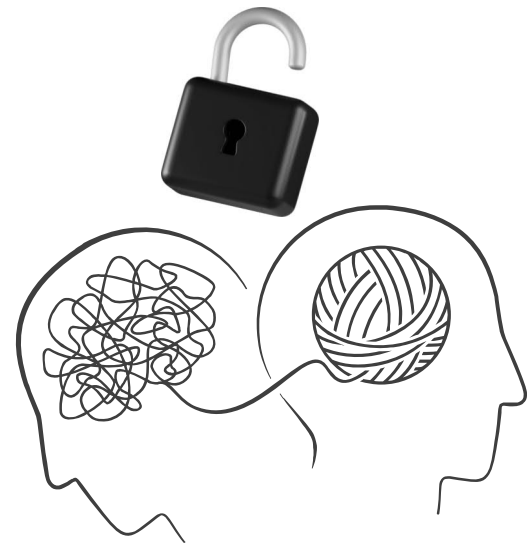
EFR EMPLOYEE & FAMILY RESOURCES

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Feel stuck?



Find your way forward with the guidance of a counselor.

Life happens. And when challenges get in the way of your relationships, happiness, or goals, we're here to help. Our compassionate counseling team provides personal support to help you and your family members overcome stumbling blocks and navigate life's complexities.

- Master's-level Clinicians: Free sessions with our master-level clinicians.
- For You and Your Family: Inclusive support for all ages.
- Safe and Confidential: Your privacy is legally protected.
- 24/7 Helpline: Immediate support from a counselor anytime you need it, because we know life doesn't wait.

Start transforming challenges into growth – we're ready when you are!

- Schedule counseling or talk with a counselor at 800-327-4692
- For more information about counseling through your EAP, visit EFR.org

“

I had hit my burnout point, and I knew I needed help to understand what was happening to me, so I connected with an EAP counselor. They helped me uncover my inherent ability to cope and manage stress, giving me a newfound sense of confidence and strength. I began to see a world of possibilities open up before me. EFR made it simple to get the help I needed, and my counselor affirmed my right to feel my feelings and ask for what I need.

Jacob”



WASH, RINSE, REPEAT!

Washing your hands is one of the most effective ways to stay healthy and prevent the spread of germs and illness.

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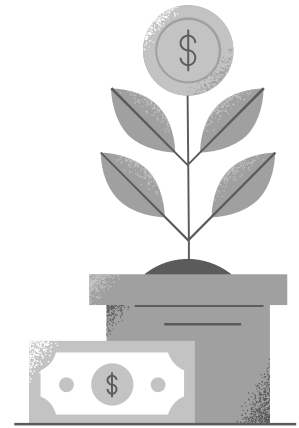
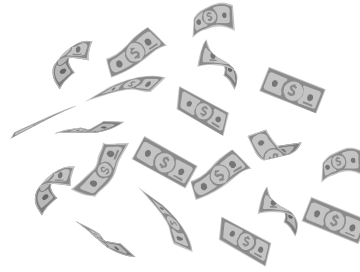
EFR EMPLOYEE & FAMILY RESOURCES

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www.efr.org



Invest in financial Freedom



Take control of your money matters with the help of your Employee Assistance Program!

Your financial consultation benefit equips you with the tools to:

- Manage and reduce debt
- Plan effectively for retirement, college, weddings, and other life events
- Navigate complex financial decisions with confidence

Includes:

- **Free 30-Min Consult:** Connect with a financial pro with advice tailored to your needs.
- **Tools for Success:** Your library of financial knowledge, available anytime—tools, calculators, articles, and more.

**Don't let financial worries keep you up at night -
your EAP is here to help!**

**Call EFR's 24/7 helpline at
800-327-4692.**

**Scan for more
information**

