



# GETTING HELP

If alcohol or drugs are becoming a problem, **LifeMatters®** can help. Call 24/7/365.

## 1-800-634-6433

**mylifematters.com** • Text\* "Hello" to 61295

Assistance with Life, Work, Family, and Wellbeing



\*SMS messages will be sent for the duration of the chat. Message and data rates may apply. Text HELP for help and STOP to cancel. SMS terms of service at <https://www.empathia.com/sms/terms.pdf> Privacy policy: <https://www.empathia.com/privacy.pdf>