



HOLIDAY BLUES

LifeMatters® by Empathia can help you cope with a change in holiday traditions. Call 24/7/365.

1-800-367-7474

mylifematters.com

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://empathia.com/privacy.pdf>