Anxiety Attack

If you struggle with managing anxiety, LifeMatters by Empathia can help. Call ﻿24/7/365.

1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing

mylifematters.com

February Webinar:

Anxiety vs. Stress

Available on mylifematters.com in February

﻿Sign up for an email alert on the “Upcoming Webinars” page (under “Quick Links”)

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

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