

LGBTQIA+ Resources

LifeMatters offers a variety of resources that directly address the needs of LGBTQIA+ people. Services that may be of assistance include:

- ▶ 24/7/365 access to a professional counselor for:
 - Stress, anxiety, or depression
 - Relationship concerns
 - Family stresses related to coming out
 - Building a found family
 - Worries about harassment or safety
 - Any other concern

- ▶ Mylifematters.com, which offers articles, interactive tools, and webinars on:
 - Relationships
 - Parenting and the adoption process
 - Building resilience
 - Mindfulness techniques
 - Managing stress and maintaining self-care
 - Career development
 - Elder care (your own or a loved one's)
 - Mental and emotional health
 - Financial and legal issues
 - LGBTQIA+ support

- ▶ Consult with the LifeMatters Financial Consultation Service regarding:
 - Budgeting and managing debt
 - Planning for medical expenses
 - Saving for retirement and future care needs
 - The financial impact of having a child

- ▶ Access LifeMatters Legal Consultation Services to:
 - Discuss adoption options, including second parent adoption
 - Create a will and estate plan
 - Designate powers of attorney
 - Address the legal aspects of gender transition

LifeMatters is a safe, inclusive place for LGBTQIA+ people to access practical resources and emotional support. We're here to meet your needs. Call or text today.



Call **LifeMatters®** toll-free anytime. **1-800-634-6433**

Assistance with Life, Work, Family, and Wellbeing • 24/7/365

mylifematters.com • Text* "Hello" to 61295

Call collect to **262-574-2509** if outside of North America

TTY/TRS 711 and language translation services are available

*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>

