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 today.

Call LifeMatters by Empathia toll-free anytime. 1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing

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

Visit LifeMatters online at mylifematters.com

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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