

# 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 • 24/7/365  
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.

