Life Balance

LifeMatters by Empathia offers 24/7/365 assistance with:

* Improving wellbeing
* Adapting to change
* Building resilience
* Setting healthy boundaries
* Any other concern

1-800-367-7474

mylifematters.com

Assistance with Life, Work, Family, and Wellbeing

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

©2023 Empathia Inc.