



# Life Balance

**LifeMatters® offers 24/7/365 assistance with:**

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



**1-800-634-6433**

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Assistance with Life, Work, Family, and Wellbeing

\*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/smsterms.pdf>. Privacy policy: <https://empathia.com/privacy.pdf>

