

May 2023

Mental Health Awareness Month

LifeMatters® can help with managing anxiety



Identify Symptoms

Fatigue

Muscle Tension

Headaches

Change in Appetite

Acknowledge Stressors



Financial Distress



Health Concerns

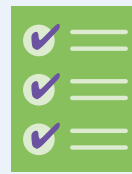


Worry About Loved Ones



General Uncertainty

Take Action

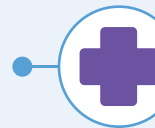


Create a Plan



Talk to a Friend

Seek Help



LifeMatters®

Women's Mental Health

Tuesday, May 23 • 1 p.m. EDT • Session Password: VDp69UbNYV6



1-800-634-6433

mylifematters.com • Text* "Hello" to 61295

*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://www.empathia.com/privacy.pdf>

