

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

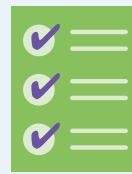


Worry About Loved Ones



General Uncertainty

Take Action

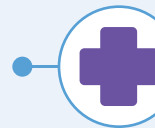


Create a Plan



Talk to a Friend

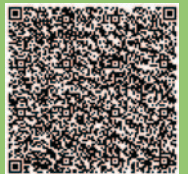
Seek Help



LifeMatters®

Women's Mental Health

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



Call LifeMatters® by Empathia toll-free anytime.

1-800-367-7474

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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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