May is Mental Health Awareness Month

LifeMatters Can Help with Mental Health Concerns

Risk Factors

* Frequent stress
* Chronic illness
* Family conflict
* Substance abuse

Managing Symptoms

* Physical activity
* Mindfulness
* Talk to a friend
* Plan for bad days

Resources for help

* Contact LifeMatters
* Healthcare provider
* Peer support

Daily Practices to Boost Your Mental Health

* May 14, 2024
* 1 p.m. EDT
* Password: 4SSx3y3fJUk
* <https://mylifematters.com/hop/iu>

Addiction Recovery with Dr. Ted Carroll

* Available in May from OnTopic with Empathia
* <https://www.empathia.com/episode-32-addiction-recovery-with-dr-ted-carroll-part-one/>

1-800-634-6433

Assistance with Life, Work, Family, and Wellbeing

mylifematters.com

24/7/365

﻿Text\* “Hello” to 61295 (U.S.)/204-817-1149 (Canada)

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.

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