



May is

Mental Health Awareness Month

LifeMatters® Can Help with Mental Health Concerns



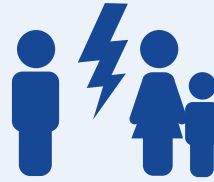
Risk Factors



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



Addiction Recovery with Dr. Ted Carroll

Available in May from OnTopic with Empathia



1-800-634-6433

Assistance with Life, Work, Family, and Wellbeing
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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. SMS terms of service at <https://www.empathia.com/sms/terms.pdf>. Privacy policy: <https://www.empathia.com/privacy.pdf>

