



May is

# Mental Health Awareness Month

LifeMatters® Can Help with Mental Health Concerns



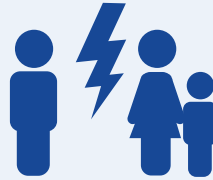
## Risk Factors



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

## Addiction Recovery with Dr. Ted Carroll

Available in May from OnTopic with Empathia



LifeMatters® by Empathia. 1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing  
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Call collect to 262-574-2509 if outside of North America

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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