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
- 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.