



May is

# Mental Health Awareness Month

LifeMatters® Can Help with Mental Health Concerns



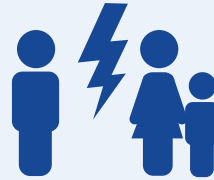
## Risk Factors



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



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

Assistance with Life, Work, Family, and Wellbeing  
mylifematters.com • 24/7/365

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.



© 2024 Empathia, Inc.