



LEND A HAND

LifeMatters® can suggest ways to offer support during a difficult time. Call 24/7/365.

1-800-634-6433

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Assistance with Life, Work, Family, and Wellbeing



*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://empathia.com/privacy.pdf>