

# LifeMatters®



## Mental Health

LifeMatters offers 24/7/365 assistance with:

- Stress
- Depression
- Anxiety
- Trauma and PTSD
- Any other mental health concern

# 1-800-634-6433

[mylifematters.com](https://mylifematters.com)

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://empathia.com/privacy.pdf>