LifeMatters by Empathia

Mental Health

LifeMatters offers 24/7/365 assistance with:

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

1-800-367-7474

mylifematters.com

Assistance with Life, Work, Family, and Wellbeing

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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