

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.

