World Mental Health Day

October 10, 2024

Mental Health Support from LifeMatters

Common Mental Health Concerns

* Stress
* Depression
* Anxiety
* Trauma and PTSD

Managing Symptoms

* Get moving!
* Mindful meditation
* Limit screen time
* Regular sleep

Supportive Resources

* LifeMatters
* Healthcare provider
* Peer support

Is Social Media Harming or Helping Your Mental Health?

* October 10, 2024
* 1 p.m. EDT
* Password: ZkhjpwA2U86
* <https://mylifematters.com/hop/iv>

Moving More for Mental Health

* Available in October from OnTopic with Empathia
* <https://www.empathia.com/episode-43-moving-more-for-mental-health/>

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.