



If alcohol or drugs are becoming a problem, LifeMatters can help. Call 24/7/365.

**1-800-634-6433**

Assistance with Life, Work, Family, and Wellbeing • 24/7/365  
**mylifematters.com** • Text\* "Hello" to 61295 (U.S.)/204-817-1149 (Canada)  
Call collect to **262-574-2509** if outside of North America  
TTY/TRS 711 and language translation services are available

\*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.  
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