



May is

Mental Health Awareness Month

LifeMatters® Can Help You Manage Anxiety



Common Symptoms



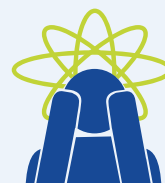
Poor Sleep



Frequent Headaches



Nausea or Digestive Issues



Panic Attacks

Managing Triggers



Physical Activity



Mindfulness Routine



Share with Trusted Friends



Plan Ahead

Resources for Help

Contact

LifeMatters®



Healthcare Provider



Peer Support

Anxiety: Triggers and Treatment
Live Support Session

May 13, 2025 1 p.m. EDT
Password: MmG86V3aaPh



Laughter and Joy for
Good Mental Health
with Kody Green

Available in May from
OnTopic with Empathia



1-800-634-6433

Assistance with Life, Work, Family, and Wellbeing
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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.
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