



# Uncertain Times

LifeMatters offers 24/7/365 assistance with:

- Adjusting your budget
- Coping with worry and stress
- Building resilience
- Maintaining wellbeing
- Any other issue

1-800-634-6433

mylifematters.com

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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