



If you are struggling and need emotional support, LifeMatters can help. Call 24/7/365.

**1-800-367-7474**

Assistance with Life, Work, Family, and Wellbeing  
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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

