



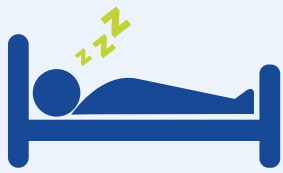
May
2026

Mental Health Awareness Month

Support Your Wellbeing with **LifeMatters**[®]



Wellbeing Goals



7-9 Hours
of Sleep



Financial Stability



Mental
Wellness



Resilient Mindset

Support Wellbeing



Get Moving



Mindfulness
Routine



Connect
with Others



Healthy Food

Resources for Help

Contact

LifeMatters[®]



Healthcare
Provider

Peer Support
from
togetherall

Mind Over Matter: What is Mental Health? with Robert Biggs
Available in May from OnTopic with Empathia



LifeMatters[®] by Empathia. 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. This information is for educational purposes only and is not intended to take the place of medical advice.

