

World

Mental Health

Day

October 10, 2026

Mental Health in the Workplace from LifeMatters®

By Empathia

Workplace Stressors



Time Crunches



Poor Communication



Uncertainty



Decreased Work/Life Balance

Reasons to Seek Help



Inability to Concentrate



Conflict with Colleagues



Worrying About Work During Personal Time



Using Drugs or Alcohol to Cope

Supportive Resources



LifeMatters



Peer Support
from
togetherall



Healthcare Provider

Nurturing Your Mental Health and Reducing Stigma

October 6, 2026 | 1 p.m. EDT

Please register in advance.



Mental Health in the Workplace

Available in October from OnTopic with Empathia



LifeMatters®

Life | Work | Family | Wellbeing



1-800-367-7474

mylifematters.com

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.