LGBTQIA+ Resources

﻿LifeMatters offers a variety of resources that directly address the needs of LGBTQIA+ people. Services that may be of assistance include:

* 24/7/365 access to a professional counselor for:

- Stress, anxiety, or depression

- Relationship concerns

- Family stresses related to coming out

- Building a found family

- Worries about harassment or safety

- Any other concern

* Mylifematters.com, which offers articles, interactive tools, and webinars on:

- Relationships

- Parenting and the adoption process

- Building resilience

- Mindfulness techniques

- Managing stress and maintaining self-care

- Career development

- Elder care (your own or a loved one’s)

- Mental and emotional health

- Financial and legal issues

- LGBTQIA+ support

* Consult with the LifeMatters Financial Consultation Service regarding:

- Budgeting and managing debt

- Planning for medical expenses

- Saving for retirement and future care needs

- The financial impact of having a child

* Access LifeMatters Legal Consultation Services to:

- Discuss adoption options, including second parent adoption

- Create a will and estate plan

- Designate powers of attorney

- Address the legal aspects of gender transition

LifeMatters is a safe, inclusive place for LGBTQIA+ people to access practical resources and emotional support. We’re here to meet your needs. Call today.

Call LifeMatters toll-free anytime. 1-800-634-6433

Assistance with Life, Work, Family, and Wellbeing

24/7/365

mylifematters.com

Call collect to 262-574-2509 if outside of North America

TTY/TRS 711 and language translation services are available

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.

SMS terms of service at <https://www.empathia.com/smsterms.pdf>

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