World Mental Health Day

October 10, 2024

Mental Health Support from LifeMatters

Common Mental Health Concerns

* Stress
* Depression
* Anxiety
* Trauma and PTSD

Managing Symptoms

* Get moving!
* Mindful meditation
* Limit screen time
* Regular sleep

Supportive Resources

* LifeMatters
* Healthcare provider
* Peer support

Is Social Media Harming or Helping Your Mental Health?

* October 10, 2024
* 1 p.m. EDT
* Password: ZkhjpwA2U86
* <https://mylifematters.com/hop/iv>

Moving More for Mental Health

* Available in October from OnTopic with Empathia
* <https://www.empathia.com/episode-43-moving-more-for-mental-health/>

1-800-634-6433

Assistance with Life, Work, Family, and Wellbeing

mylifematters.com

24/7/365

﻿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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