



World Mental Health Day

October 10, 2024



Mental Health Support from **LifeMatters**[®]

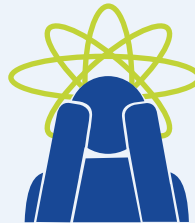
Common Mental Health Concerns



Stress



Depression



Anxiety



Trauma and PTSD

Managing Symptoms



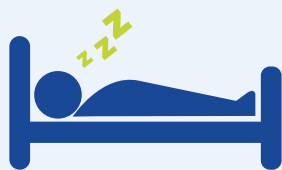
Get Moving!



Mindful Meditation



Limit Screen Time



Regular Sleep

Supportive Resources



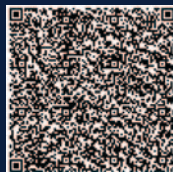
Healthcare Provider



Peer Support

Is Social Media Harming or Helping Your Mental Health?

October 10, 2024 1 p.m. EDT
Password: ZkhjpwA2U86



Moving More for Mental Health

Available in October from OnTopic with Empathia



1-800-634-6433

Assistance with Life, Work, Family, and Wellbeing
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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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