



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

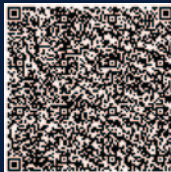
LifeMatters®

Healthcare Provider

Peer Support

Is Social Media Harming or Helping Your Mental Health?

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



Moving More for Mental Health

Available in October from OnTopic with Empathia



LifeMatters® by Empathia. 1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing
mylifematters.com • 24/7/365

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.



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