

Welcome to the **LifeMatters**® by Empathia Web Site

LifeMatters EAP includes access to online services for educational information, care resources, self-help tips, videos, and interactive tools.



Emotional Wellbeing

- Addictions
- Mental Health
- Personal Growth
- Stress Management
- Grief/Loss



Relationships

- Adoption
- Domestic Violence
- Child Care
- Elder Care
- Marriage
- Military Life
- Parenting
- College Life
- Pet Care
- Baby Welcome Program



Health

- Health Tips for Children, Men & Women
- Health Concerns
- Nutrition, Exercise & Lifestyle
- Pandemic Preparedness
- Tobacco Cessation



Workplace

- Changes in the Workplace
- Job Loss
- Problems & Solutions
- Work Satisfaction
- Workplace Safety
- Professional Skill Development



Financial

- Budgeting
- Calculators
- Estate & Retirement Planning
- Identity Theft
- Taxes

Legal

- Consumer Law
- Divorce & Child Custody
- Identity Theft
- Legal Forms
- Wills & Estates



California State University
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Services

- Self Assessments
- LifeMatters Webinars
- LifeMatters Orientation Video

Log on to mylifematters.com and enter your campus' password
Employee Assistance Program

1-800-367-7474

In person, online or by phone – we're always here for you!

A Guide to LifeMatters® by Empathia

When you or your family need useful ideas, lifestyle coaching, helpful resources or reliable professional care, LifeMatters by Empathia, your EAP and WorkLife Service, is just a phone call away. Free, confidential LifeMatters services include:

Telephone and face-to-face counseling services for:

- Stress, depression, and personal problems
- Balancing work and personal needs
- Family and relationship concerns
- Alcohol or drug dependency
- Workplace conflicts

WorkLife Services:

Financial consultation and resources from a consumer credit counselor to set up a budget, obtain and review credit report information, or assist with debt management and consolidation.

Legal consultation with an attorney either over the phone or face-to-face for consumer law, traffic citations and fender benders, family law, or estate planning.

Online and counselor-assisted searches for:

- Child and elder care resources and guidance
- Adoption assistance
- Educational resources
- Online calculators for a variety of analytical questions and needs



- Personal security
- Home improvement
- Veterinarians, pet-sitting and obedience training



The program's user-friendly, *confidential* services are available to you and your eligible dependents 24 hours a day, every day of the year by calling:

1-800-367-7474

(Toll-Free U.S., Canada, and Puerto Rico)

On the Internet, go to mylifematters.com and enter your campus' password to access resources, educational information, and self-service options.



Services provided directly by LifeMatters are free. If you are referred to outside resources, you will be advised about your costs, if any.



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Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.