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

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

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

Services
- Self Assessments
- LifeMatters Webinars
- LifeMatters Orientation Video

Log on to mylifematters.com and enter password: SacState

Employee Assistance Program
1-800-367-7474

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