

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

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!