

Ten Reasons to Use LifeMatters®

- 1. Legal consultation.** Your neighbor tripped over a crack in your sidewalk and is now suing you. LifeMatters (your EAP) can connect you with an attorney for a free 30-minute consultation.
- 2. Debt management program.** You're behind in your bills, you have several credit cards and they are all maxed, and you don't know how you are going to pay your next electric bill. LifeMatters can connect you with a financial advisor.
- 3. Elder care resources.** Your elderly father is starting to get forgetful, he's physically weak, and you and your spouse are unable to provide him with the assistance he needs. LifeMatters can help you find resources to assist with your father's care needs.



- 4. Tobacco cessation assistance.** You've been a smoker for as long as you can remember and have tried to quit more times than you can count. You need help, but none of the over-the-counter methods have helped you in the past. LifeMatters provides a tobacco cessation program that includes telephonic counseling to help you succeed where other methods have failed.
- 5. Facing your fears.** You are terrified of flying and need to go on a business trip. You don't want your boss to know about your fear, but the idea of stepping on a plane makes you break into a sweat. LifeMatters can give you the tools you need to face your fear and ease it.



- 6. Information on colleges.** Your daughter is beginning her search for her dream university, but is overwhelmed by all the options. You want something close to home and your daughter wants to go as far away as possible. LifeMatters offers services that can help you find universities and colleges located somewhere in the middle.
- 7. Credit report review.** You and your spouse want to buy a house, but you aren't sure whether your credit is good enough to secure a loan. LifeMatters can help you locate a credit report, review it, and discuss your options.

8. Stress management techniques. You can't sleep at night because you are feeling too overwhelmed with all you have to do. You feel like there is no one you can count on and no one you can talk to. LifeMatters offers support and encouragement 24 hours a day, seven days a week. Someone is always here, even in the middle of the night when you can't sleep.



9. Information and self-assessments. You want to learn more about drug and alcohol abuse and whether or not you have a problem, but you aren't ready to talk to someone about it yet. The LifeMatters website provides access to educational articles on these and other topics, as well as self-assessment tests that can help you determine if you need to seek help for substance abuse.

10. Parenting tips. You have a teenage son who stays out all night, doesn't do his homework, and gets confrontational when you try to discipline him. You're at the end of your rope. LifeMatters can help by listening to your concerns and provide assistance with establishing appropriate boundaries and more.

The days when the EAP was only about drug and alcohol abuse are long gone. Nearly every concern you may have can be addressed through your LifeMatters program. It is free and confidential. You can even remain anonymous. Find out more about how LifeMatters can help you by visiting mylifematters.com or calling **1-800-367-7474**.

