



I expected someone to take my number for a return call. Instead, I had a conversation right away.

I got help with my problem and it didn't cost me a thing. I even received a follow-up call to make sure I was doing okay!

LifeMatters made me feel like someone was taking care of me for a change.



LifeMatters® By Empathia

24/7/365
toll-free

mylifematters.com

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If you need the LifeMatters phone number or website password, please log into the CSUN Portal > HR > Benefits > LifeMatters.

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mylifematters.com

 facebook.com/lifematterseap



For further information, see your Human Resource Department for "Combined Evidence of Coverage/Disclosure Form" or call us. In addition, our member website, mylifematters.com, has information about EAP benefits. Should you have a service complaint, call or write us. You can also log onto mylifematters.com, and select Grievance Policy and Form.

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LifeMatters®

By Empathia

Assistance with
**Life, Work, Family,
and Wellbeing**



CSUN

CALIFORNIA
STATE UNIVERSITY
NORTHRIE

What's happening in your life?



When you face challenges, LifeMatters by Empathia can help. Caring professionals are available 24/7/365 to help you address concerns both big and small. Call or visit us online to receive expert assistance with:

Relationships

- ▶ I want to get along better with my significant other.
- ▶ How do I handle a difficult co-worker?
- ▶ My child acts out and I don't know what to do.

Wellbeing

- ▶ I want to start an exercise routine.
- ▶ How can I start eating better?
- ▶ It's time to quit smoking.

Emotional Distress

- ▶ Sometimes I feel sad and I'm not sure why.
- ▶ I worry more than I'd like.

Legal

- ▶ My identity has been stolen.
- ▶ I'm in a custody dispute.
- ▶ How do I set up a power of attorney for an elderly parent?

Stress

- ▶ What are some relaxation techniques?
- ▶ My schedule is always overloaded. Help!

Substance Use

- ▶ I worry that I might be drinking too much.
- ▶ What do I do if my child is on drugs?

Finances

- ▶ I want to buy a house. How much do I need to get started?
- ▶ What can I do about my debt problems?

Child and Elder Care

- ▶ I need good child care that fits my schedule.
- ▶ I am considering adopting a child. Where do I start?
- ▶ My aging parents live far away. What resources are available to help them?

Convenience Services

- ▶ I am looking for fitness and wellness classes.
- ▶ I need a contractor for a home project.
- ▶ It's time to start researching colleges and financial aid options.
- ▶ What housing is available in my price range when I relocate?

Whatever the problem, LifeMatters can help you create a solution. Call anytime.

Services are...

Free

- ▶ There is no charge for services provided by LifeMatters. You will be advised of costs if you are referred to outside resources.

Confidential

- ▶ LifeMatters is provided by Empathia Pacific, Inc., an independent consultation firm. Your privacy is important to us, and it is protected by state and federal laws.

Available 24/7/365

- ▶ Call toll-free. A professional counselor will answer your call.
- ▶ Use the company password provided by your employer to access **mylifematters.com**.
- ▶ Language assistance services in your preferred spoken and written languages are available at no cost.



Assistance with Life, Work, Family, and Wellbeing

Relationships • Wellbeing • Emotional Distress
Legal • Stress • Substance Use • Finances
Child and Elder Care • Convenience Services
Any Other Concern

LifeMatters is available anytime via your computer or mobile device. Visit **mylifematters.com** or download the app for free, confidential access to services. Log in to the CSUN Portal if you need the LifeMatters phone number or website password.

CSUN Portal > HR > Benefits > LifeMatters

