"

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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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. **Life**Matters®

By Empathia

Assistance with Life, Work, Family, and Wellbeing



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

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CALIFORNIA TATE UNIVERSITY NORTHRIDGE 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?

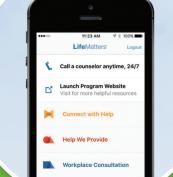
Child and Elder Care

- 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.



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

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