



## Life, Work, Family & Wellbeing. Employee Assistance Programs Designed for Whatever Challenges Life May Bring.

LifeMatters EAP supports your employees and their families, assists your organization and demonstrates your commitment to a culture of wellbeing.

### Exceptional Value & Quality

At Empathia, our approach to EAP goes beyond providing an employee benefit. For over 35 years, we've helped employers and employees be at their best, and we have the metrics to prove it. Compassion, paired with a people-centered approach, contributes to increased levels of employee engagement and life satisfaction, both of which drive organizational success. Our dedicated team of management consultants have the experience and expertise to help assess, develop a plan and monitor high-profile situations that impact managers and HR.

### Services Dedicated to Employee Wellbeing:

- Telephonic, video\* and face-to-face counseling
- Risk assessment and response
- Critical incident response and management
- Management consultation and referrals
- Work/life resources and community referrals
- Online content and resources
- Professional and personal development training for employees and managers

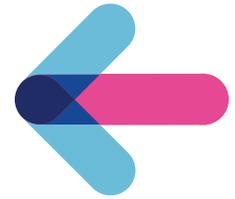
\*Not currently available for members in California.

34%

Improvement in Employee  
Life Satisfaction

Metrics derived from members who used LifeMatters and WOS-9, a scientifically-validated instrument

The stressful forces in your employees' lives can have an impact on your organization. LifeMatters, the Employee Assistance Program by Empathia, helps you provide effective employee and family workplace support programs.



### Mental Health & Substance Abuse Counseling

Help your employees obtain the help and assistance they need, quickly and comfortably. As an employer, you know the impact mental health and substance abuse issues can have on your workforce. Our counseling programs help employees stabilize their worlds and return to work positive, productive and prepared for duty.



### Work/Life Resources

In today's connected world, the boundary between employees' work and personal lives are easily blurred. Our LifeMatters team will connect your employees with resources to help navigate financial, legal and dependent care challenges, among many others. The result? A more focused, engaged and productive workforce.



### Management Consultation

In addition to any personal concerns of their own, your managers and leaders must handle the impact of struggling or dysfunctional employees on your organization's success. Our team of dedicated management consultants and performance coaches will help your managers address employee issues in a timely and effective manner.



### Critical Incident Response

Offering on-site support for your organization, our team of crisis response professionals helps your organization and employees to cope with critical events. Individual and group debriefings, management consultations and educational presentations help workforces transition to the "new normal" post-crisis.