

# Onsite Services From **LifeMatters®** by Empathia

We are pleased to announce that beginning July 12th, Margie Arreguin-Zarate will be providing onsite LifeMatters EAP services for Fresno State. Margie is a Licensed Clinical Social Worker with many years of EAP experience.

## Onsite Appointment Availability:

- ▶ Thursdays and Fridays
- ▶ 9 a.m.-3 p.m.
- ▶ Location: Lab School 185
- ▶ Call 559-278-1655 to schedule an appointment

If you need a different date or time, additional LifeMatters EAP providers are available during the week, including after-hours and weekends, at offsite offices. They offer in-person counseling services for employees and family members. Call 1-800-367-7474 to schedule an appointment.

## Reasons for onsite or in-person counseling include:

- ▶ Stress, depression, and personal problems
- ▶ Balancing work and personal needs
- ▶ Family and relationship concerns
- ▶ Alcohol or drug dependency
- ▶ Workplace conflicts
- ▶ Any other issue of concern in your life



The LifeMatters program's user-friendly, confidential services are available to you and your family members 24 hours a day, every day of the year by calling:

# 1-800-367-7474

Toll-Free Throughout North America

For online access to LifeMatters by Empathia services, go to **mylifematters.com** on the web or your mobile device and enter the password **fresnostate**.

Services provided directly by LifeMatters are free. If you are referred to outside resources, you will be advised about your costs, if any.

Call **LifeMatters®** by Empathia toll-free anytime. **1-800-367-7474**

Assistance with Life, Work, Family, and Wellbeing • 24/7/365

Call collect to **262-574-2509** if outside of North America

Visit **LifeMatters®** online at **mylifematters.com**

 [facebook.com/lifematterseap](https://facebook.com/lifematterseap)

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

