

World

Mental Health

Day

October 10, 2026

Mental Health in the
Workplace from LifeMatters®

Workplace Stressors



Time Crunches



Poor
Communication



Uncertainty



Decreased
Work/Life Balance

Reasons to Seek Help



Inability to
Concentrate



Conflict with
Colleagues



Worrying About
Work During
Personal Time



Using Drugs or
Alcohol to Cope

Supportive Resources



LifeMatters



Peer Support
from
togetherall



Healthcare
Provider

Nurturing Your Mental Health
and Reducing Stigma

October 6, 2026 | 1 p.m. EDT

Please register in advance.



Mental Health in the
Workplace

Available in October from
OnTopic with Empathia



LifeMatters®

Life | Work | Family | Wellbeing



1-800-634-6433

mylifematters.com

Text* "Hello" to 61295 (U.S.)/204-817-1149 (Canada)

*SMS messages will be sent for the duration of the chat. Message and data rates may apply. Text HELP for help and STOP to cancel.
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