

life
Less complicated



WorkLifeMatters

Your Confidential Employee Assistance Program

Support and guidance is just a phone call away. Professional counselors are available to assist you with family and personal issues you might be facing or questions you might have.

- Anxiety
- Dependent Care and Care Giving
- Depression
- Drug & Alcohol
- Education
- Grief Assistance
- Legal & Financial
- Lifestyle & Fitness Management
- Parenting
- Pet Care
- Work Issues
- And More

Connect to a counselor for free support services:

1-800-386-7055

Available 24 hours a day, 7 days a week

Visit www.ibhworklife.com

(User name: Matters Password: wlm70101)

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