

# Five Reasons for HR to Contact LifeMatters®

LifeMatters is available to help Human Resources with any concern that affects performance or productivity. Here are five examples of how LifeMatters may be helpful:

- 1. Preparing for a layoff.** LifeMatters is available to provide consultation and assistance, including:
  - ▶ Anticipating reactions
  - ▶ Providing written materials for packets
  - ▶ Reviewing strategies for managing survivors
- 2. Supporting personal and professional development for managers and staff.** LifeMatters offers lunch and learn presentations for all staff and training for managers on HR-related topics. An extensive library of topical information is also available.
- 3. Supporting staff after a co-worker death.** A work group may experience feelings of grief after a colleague dies. LifeMatters counselors are available to provide assistance during this difficult time.
- 4. Promoting a new manager.** Many managers struggle with the “people” side of the equation, such as dealing with difficult personalities, team conflicts, and maintaining morale. LifeMatters offers webinars to assist both new and seasoned managers. These programs emphasize the importance of involving HR and seeking consultation before addressing policy-related issues.



- 5. High profile or risk situations.** LifeMatters consultation specialists are available 24/7/365 to assist with situations that are impacting the workplace. Examples include:
  - ▶ Suicidal thoughts
  - ▶ Threatening or unusual behavior
  - ▶ Domestic violence concerns
  - ▶ A team member’s child having a health crisis or needing resources to address special needs

LifeMatters is available to support your HR team 24/7/365. Call anytime.

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

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

