

## Minnesota Employee Well-being Confidentiality: Lifestyle Benefits Counseling, Help with Everyday Life

Minnesota Employee Well-Being encompasses three programs: Lifestyle Benefits, Leadership & Team Dynamics, and Well-Being. Lifestyle Benefits is the external Employee Assistance Program (EAP) that provides services such as counseling, financial and legal consultation, and assistance with finding daily life services.

LifeMatters, the vendor for the Lifestyle Benefits, provides services to all state of Minnesota employees and the people they live with. The providers ensure confidentiality is the cornerstone of their services.

Any contact with LifeMatters, requests for counseling or support through Lifestyle Benefits, is not shared with any person or agency (including Human Resources or supervisory staff) outside of LifeMatters without the client's written permission.

LifeMatters may be used anonymously. Individuals are welcome to withhold their real identity while asking for help with their situation.

The one exception to confidentiality is specified under data privacy laws requiring counselors to notify authorities of significant concerns over someone's safety, especially when that person is a child or vulnerable adult. All clients are given a full explanation of the exceptions and other data privacy practices.

### Contact

#### Counseling, Help with Everyday Life

LifeMatters Lifestyle Benefits  
651-259-3840 – 800-657-3719  
TTY: 711

Contact LifeMatters if you need immediate assistance. Additional resources:

- National Suicide Prevention Lifeline: 988
- The Crisis Text Line: text MN to 74174