

Get help with almost anything in everyday life.



Employees and their household members

Text 'Hello' to 61295

1-800-657-3719

Access Code: STMN1

First Responders

1-877-307-2813

Access Code: STMNFRS

Keep the number close

Text "STMN1" to 1-505-544-4999 to download a contact card.

First responders text "STMNFRS" to 1-505-544-4999 to download a contact card.

Download the LifeMatters app from Google Play or Apple stores. Use either STMN1 or STMNFRS when asked for a company code.

LIFESTYLE BENEFITS:

Household repairs/tasks, legal issues, counseling, event plans, money management, and more.

Help is confidential and free. It's one of your Lifestyle Benefits that is for all state employees and the people they live with.

Lifestyle Benefits is one of three resources within Minnesota Employee Well-Being. The group's other components are Leadership and Team Dynamics and Well-being Programs. The Lifestyle Benefits are part of the state's Employee Assistance Program.



Details at mn.gov/mmb/segip