

Health Advocate: Virtual Counseling Platform

As our community enters month six of the COVID-19 environment, the emotional and mental strain of these circumstances are felt by many. As our home, work, family, and schooling needs crowd together into a small space, it can be difficult to make additional space for our mental health. Although our community has found many ways to support and lift each other up, sometimes more help may be needed.

As part of our Employee Assistance Program, [Health Advocate](#) offers a virtual counseling platform called MyHelp. This allows members and their families to access 10 free virtual counseling sessions (via phone, video, or text) for each issue that may be affecting you or your loved ones. MyHelp sessions are with a licensed counselor who can assist with personal, family, and work/life concerns. This benefit is available to employees, spouses, dependents, parents, and parents-in-law.

To get started or find out more, call Health Advocate at (866) 799-2728 to speak with a Care Manager.

If you have any questions or concerns, please contact Human Resources at (310) 506-4397, or by email at HumanResources@Pepperdine.edu.

