

One of Pepperdine's many distinctive characteristics is its close-knit community, in which we genuinely care for and help one another. In recognition of September as National Suicide Prevention Month and Mental Health Awareness Day on October 10, Pepperdine is pleased to provide resources to aid in the education and awareness of both important topics.

The COVID-19 pandemic has affected many of our coping strategies due to new working environments and living situations. Here are a few simple coping techniques to help your mind and body cope with external stressors:

- **Try to eat healthy, well-balanced meals, exercise regularly, and get plenty of sleep.**
- **Share your concerns and how you are feeling with a friend or family member.** Maintain healthy relationships and build a strong support system.
- **Take time to unwind and remind yourself that strong feelings will fade.** Try taking in deep breaths and utilize your two 15-minute breaks during the workday to reset and refresh.
- **Stay informed, but take breaks from the news if needed.** Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. If the news is adding to your stress, consider stepping away from the news for a time.
- **Seek help when needed** from a member of your church, counselor, doctor, or by calling the Substance Abuse and Mental Health Services

Administration (SAMHSA) at 1-800-273-8255.

As part of our Employee Assistance Program, [Health Advocate](#) offers a virtual counseling platform called MyHelp. The platform 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.

Health Advocate also provides an informational guide surrounding suicide prevention and related warning signs, accessible [here](#).

If you know of a Pepperdine student considering suicide, or who is struggling with mental health concerns, please get them connected with a counselor, or talk with someone to learn more about how you can help.

- Call the Counseling Center at 310-506-4210 or email Student.Counseling.Center@Pepperdine.edu.
- Pastoral care is available through the Office of the Chaplain at Sara.Barton@Pepperdine.edu or Lauren.Begert@Pepperdine.edu.

Resources

- [SAMHSA Wellness Strategies](#)
- [Taking Care of Your Emotional Health](#) (CDC)
- [Mental Health Resources](#) (WHO)
- [We Can All Prevent Suicide](#)

