

NAVIGATING THERAPY RESOURCES

Loyola Marymount University prioritizes mental health and provides resources to support you and your family. Explore the platforms below for therapy needs. Turn this page over to learn more wellbeing resources.



First Time Users

Access BetterHelp

First Time Users Only:

Receive 4-Free teletherapy sessions in 1 month.

Credit Card required

(If you do not want LMU discounted rate or future sessions, easily cancel after one month.)

<https://www.betterhelp.com/lmuwellness/>

1

BetterHelp Teletherapy Sessions via Employee Assistance Program

5-Free 50-min per year teletherapy sessions through Health Advocate

Log onto Health Advocate and request assistance

<https://members.healthadvocate.com>



2

In-Person Therapy Session via Employee Assistance Program

5-Free 50-min in-person therapy sessions per year

Login and call to request assistance

<https://members.healthadvocate.com>

3

Employee Assistance Program (Compsych)

3-Free therapy sessions
HLF902
WEBID: ALIBI

<https://www.guidanceresources.com/groWeb/login/login.xhtml>



4

Insurance Provider (Kaiser Permanente & Anthem)

Therapy sessions covered by your insurance provider or nominal co-pay

Contact your physician for more information

5



If you or someone you know may have suicidal thoughts, contact 988 (Suicide Prevention Line).

For more information wellbeing resources:

Email - MyWellbeing@lmu.edu

Website - www.lmu.edu/wellbeing

Office - 310.338.2723