

This page offers information about off-campus mental health and wellness options through Carebridge and HealthiestYou. Resources include, but are not limited to: counseling, life coaching, psychiatry, medical appointments, topic specific resources and quick mental health tips. Visit the [Mental Health & Wellness tab](#) in the MyPCOM portal for additional information on external provider platforms, links to articles, resources and wellness apps.

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### **Carebridge**

The Student Assistance Program (SAP) from [Carebridge](#) is a confidential mental health and work-life benefit platform available to you 24/7 via phone, email, chat, and digital tools. Carebridge provided free and confidential support and holistic programs for you & eligible family members 24/7/365.

Find more information, [click this link](#)

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### **HealthiestYou by Teladoc**

HealthiestYou is a telehealth service that provides access to medical doctors, psychiatrists and licensed mental health professionals. All telehealth services through HealthiestYou are free for students and are unlimited.

[Click here](#) to learn more about HealthiestYou or [visit MyPCOM](#) to register.

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### **Behavioral Intervention Team**

The PCOM Behavioral Intervention Team (BIT) is a cross-functioning, multidisciplinary group that provides proactive and reactive assistance to students exhibiting concerning behaviors. Please email [BIT@pcom.edu](mailto:BIT@pcom.edu) for more information or with any questions.