



iPrevail

Wellness Programs - iPrevail

<https://lacounty.iprevail.com/group-students>

Smart Wellness Program with a Human Touch

Providing a Network of Support for LA County

Prevail is personalized and confidential online health and wellness aimed to improve your mental health and build resilience. www.iprevail.com

Get mental health support 24/7 with self-guided lessons, live-chat sessions with Peers and Coaches, and access to our community support groups.

How It Works!

Live Chat Sessions: When you join iPrevail, we'll connect you with a Peer Coach who will listen and offer you support you deserve. They'll help you talk about how you're feeling and what you're going through, teach you self-care and coping strategies and empower you to overcome challenges.

Self-Guided Learning: Learn about how your mind works with stories lessons and guided activities. These structured lessons are meant to help you better understand the relationship between your thoughts, behaviors and emotions. We'll teach you how to reframe unhelpful thoughts and refocus on things that matter.

Support Groups: Connect with others who face similar situations and understand what you're going through. Join communities full of people just like you to interact, ask questions, share stories and learn ways to cope.

Get Rewarded: As you work toward your goals, you earn points for completing activities. You can redeem those points for gift cards to treat yourself.