

Virtual Peer Support

At MIT MyLife Services, we understand how peer support can encourage healing and recovery. That's why we offer peer support groups through our partner, HeyPeers.

Receive up to 10 peer support group sessions at no cost through your MyLife Services benefit. Each session is by video or chat and led by a trained and certified peer support specialist on one of the topics below:

- Addiction Recovery Groups
- Anxiety
- Bipolar Disorder
- Depression Recovery Groups
- Frontline Worker Support
- Grief
- Parenting

Interested in learning how to access peer support sessions? Visit our platform at **my.kgalifeservices.com/heyPeers**, call **844-405-5433**, or email **info@mitmylifeservices.com**.

MyLife Services

A network of experts for MIT faculty, staff & postdocs

For more support, contact MIT MyLife Services at:

www.mitmylifeservices.com

844-405-5433

info@mitmylifeservices.com

For easy access, download our app, KGA Mobile:

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