

# Emotional Support

Life as a travelling student, faculty member, or staff can bring unforeseen stress and strain. Dealing with the complexity of travel or life abroad can impact your people's health and wellbeing.



## Stress Impacts Continuity

Exposure to new environments, minor medical conditions or simply being too far from loved ones can impact your people

These events trigger stress and anxiety. This can lead to distraction, disruption or even something

## Peace of Mind

In times of stress or anxiety, your people need professional emotional support often at short notice and in their native language.

Timely support can make the difference between controlling a situation and an event spiralling out of control. Easy access to services through a single point of contact help your people make the right

## Wellbeing—Wherever, Whenever

Your students, faculty, and staff will have their medical safety and emotional needs addressed by a single incident manager, in a holistic way via a single assistance number.

Our short-term counselling support services assist your people with psychological issues while they are away, so they can focus more on their priorities.

## Service Components

Emotional Support works alongside medical and Travel security assistance to deliver:

- Seamless integration between medical, travel security and WorkPlace Options emotional support services (no need to make additional calls)
- Unlimited manager / HR telephone consultation
- Support services available 24/7, every day of the year
- Up to five counselling sessions per incident
- Counselling method tailored to a travelling

