

Emotional Support

Travel abroad can bring unforeseen stress and strain to students, faculty and staff members. That is why International SOS developed the world's leading assistance service to help you support your mental, emotional, and physical wellbeing.



Stress Impacts Learning

Exposure to new environments, juggling responsibilities and social pressures, security incidents, medical or mental health conditions and even just being too far from home can impact you while traveling abroad.

These events can trigger anxiety or psychological issues. This can lead to trip or study abroad program disruption, or something more serious.

Peace of Mind

In times of stress, you need professional emotional support often at short notice and in their native language.

Timely and easy access to support through a single point of contact can prevent situations from spiraling out of control.

Wellbeing — Wherever, Whenever

In partnership with WorkPlace Options, our short-term counseling services provides you with psychological support while you are away and traveling internationally.

This means they you focus completely on your learning, research, and work.

Service Components

Emotional Support delivers:

- Mental health professionals supporting you in more than 60 languages
- Support available through the International SOS Dedicated Line (+1 215.942.8478) 24/7, every day of the year
- Confidential access to 5 counseling sessions at no cost
- Counseling method tailored to your needs: phone, video-call or face-to-face
- Seamless integration between medical, travel security and WorkPlace Options emotional support services (no additional calls to make)

