



GLOBAL WELLNESS ASSIST

Help at your fingertips. Whenever you need it.

You've made a big move. Excitement may have given way to more complex feelings. You may feel homesick, anxious, depressed or otherwise unwell. A lack of access to your normal support system can be triggering while living in a country other than your own.

These challenges can cause you to neglect really important aspects like self-care and you may be struggling to adjust. Global Wellness Assist is here to help you for support when facing difficulties.

WHAT IS GLOBAL WELLNESS ASSIST?

Global Wellness Assist is an international employee assistance program (EAP) for students, faculty and staff traveling globally on behalf of a college or university, providing access to free, confidential assistance any time, any day.

Professionals are ready to assist with any issue.

Topics include, but are not limited to:

- ✓ Harmony between academic and personal life
- ✓ Managing life changes
- ✓ Bullying and harassment
- ✓ Managing anxiety and depression
- ✓ Substance use
- ✓ Surviving the loss of a loved one
- ✓ Handling stress
- ✓ Referrals to local resources, including attorneys, financial professionals and much more
- ✓ Managing academic or workplace pressure

CONFIDENTIAL SERVICE YOU CAN TRUST

Global Wellness Assist is staffed by professionals who are completely independent of your program sponsor. They are bound by professional standards regarding confidentiality and do not disclose details of individuals who have contacted the service. Any information you provide will not be shared with your plan sponsor.

TO HAVE A COUNSELOR CONTACT YOU:

1. Email support@worldwideassist.co.uk or SMS text number: +44-790-934-1229 (*standard text messaging rates may apply*)
2. Include in your email or text:
 - a. Your Name
 - b. Your Country Location
 - c. Your Phone number
 - d. Reason

You can also use your GeoBlue Mobile App:

1. Select Telehealth
2. Talk to a Counselor

Or you can call the applicable phone number listed on the back of the flyer.

MEMBER SUPPORT, WORLDWIDE



Available
24/7/365



Up to 6 sessions
of counseling per
issue, per year
(telephonic and in
person)



Information,
resources and
counseling on any
work, life, personal
or family issue



Available
worldwide by
phone, email
or web



No additional
cost to use



Available
in several
languages



MENTAL HEALTH ISSUES ARE COMMON

- ! **More Generation Zers and Millennials are suffering from depression and anxiety** than previous generations¹. According to the National Institute of Mental Health, more than one in four young adults (18-25) have some degree of mental illness, the highest prevalence among all age groups.
- ! **Six out of the top 10 health conditions faced by Millennials** are behavioral health conditions affecting mental health and emotional wellbeing².
- ! **More than one-third of U.S. college students** said they've felt so depressed in the past 12 months it was difficult to function³.

¹American Psychological Association's report *Stress in America™: Generation Z*

²BCBS Millennial study

³The WHO World Mental Health Surveys International College Student Project: Prevalence and Distribution of Mental Disorders. *Journal of Abnormal Psychology*, published Sept. 13, 2018.



Easy access on your terms

Free, confidential support is available by phone, email, or web, from anywhere at any time. Call or log on to get started.

TOLL-FREE PHONE NUMBER ACCESS IN MANY COUNTRIES

Call +44 20 8987 6228 if a toll-free number is not available in your area. Reverse charges can be requested.

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|----------------|----------------------|-------------|----------------------|--------------|-------------------|-----------|-----------------|
| Argentina | 0800 666 0749 | Guam | 1 877 301 4773 | Norway | 800 10 233 | UAE | 800 0357 04 696 |
| Australia | 1 800 023 289 | Guatemala | 1800 300 0119 | Pakistan | 008 009 004 4319 | UK | 0800 243 458 |
| Austria | 0800 802 007 | Hong Kong | 800 906 115 | Paraguay | 0800 542 0131 | Uruguay | 000 405 4492 |
| Bahamas | 1800 389 0597 | Hungary | 06 800 20766 | Peru | 0800 556 53 | USA | 1 888 851 7032 |
| Bahrain | 800 19 909 | Iceland | 800 9698 | Philippines | 1 800 1 116 0905 | Venezuela | 0 800 100 9097 |
| Belarus | 8 820 0011 0259 | India | 000800 100 9445 | Poland | 0 0 800 111 3815 | | |
| Belgium | 0800 819 05 | Indonesia | 001 803 015 204 6089 | Portugal | 800 180 031 | | |
| Bermuda | 1 877 353 0635 | Ireland | 1800 490 390 | Puerto Rico | 1 877 847 4515 | | |
| Brazil | 0800 892 3919 | Israel | 1 809 494 155 | Romania | 0 800 895 946 | | |
| Canada | 877 847 4525 | Italy | 800 783 713 | Russian | | | |
| Chile | 800 395 011 | Japan | 0800 100 0074 | Federation | 8 800 100 6293 | | |
| China | 400 920 3300 | Jordan | 0800 229 88 | Saudi Arabia | 800 844 3261 | | |
| Colombia | 01800 913 3823 | Korea | 00 308 13 1768 | Singapore | 800 130 1950 | | |
| Costa Rica | 0800 044 0122 | Laos | 1 888 751 9004 | Slovakia | 0 800 606 256 | | |
| Czech Republic | 800 488 404 | Lithuania | 8 800 30455 | South Africa | 0 800 991 666 | | |
| Denmark | 808 20 036 | Luxembourg | 800 8 0925 | Spain | 900 838 608 | | |
| Dominican Rep. | 1 888 751 9004 | Malaysia | 1 800 813 770 | Sweden | 020 889 233 | | |
| Ecuador | 1800 000 154 | Mexico | 800 099 0434 | Switzerland | 0800 557 747 | | |
| Estonia | 800 0100 432 | Netherlands | 0 800 022 2285 | Taiwan | 00801 14 8766 | | |
| France | 0800 914 821 | New Zealand | 0 800 452 908 | Thailand | 001 800 852 8403 | | |
| Germany | 0800 180 2587 | Nicaragua | 1800 226 0427 | Turkey | 00 800 1420 77474 | | |
| Greece | 00 800 1809 204 5550 | Nigeria | 070 8060 1864 | Ukraine | 0 800 501027 | | |