



# 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](mailto: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 generations<sup>1</sup>. 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 wellbeing<sup>2</sup>.
- ! **More than one-third of U.S. college students** said they've felt so depressed in the past 12 months it was difficult to function<sup>3</sup>.

<sup>1</sup>American Psychological Association's report *Stress in America™: Generation Z*

<sup>2</sup>BCBS Millennial study

<sup>3</sup>The 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.

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		