

Emotional Support

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



Exposure to new environments, security incidents, medical or mental health conditions and even just being too far from home can impact you. These events can trigger anxiety or psychological issues.

International SOS Enhanced Emotional Support Services Provides:

Peace of Mind

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

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

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
- Access to counseling sessions
- Counseling method tailored to your needs: phone, video-call or face-to-face at counselor's practice location
- Seamless integration between medical, travel security and WorkPlace Options emotional support services (no additional calls to make)

