

Global Counseling and Wellness Support

Resources to help you feel your best, *wherever your studies take you.*

Adjusting to life abroad.

Moving to another country is a big change. It's exciting, but it can also feel overwhelming or stressful at times. Being away from familiar routines and support systems can make things harder.

That's all part of the adjustment. But you don't have to go through it alone. Our Global Counseling and Wellness Support program is here to help you navigate these changes.

We're here when you need us.

Global Counseling and Wellness Support helps students, faculty and staff who take part in study abroad programs. It provides 24/7/365 access to licensed therapists. Support is available in 70 languages, and you can get help online or by phone at any time and from anywhere.*

Your privacy is a priority.

The professionals who run our program aren't connected to your institution. They keep your conversations private and don't share who uses the service. The information you provide won't be given to your institution.

Support for your total well-being.



Emotional support.

- 24/7/365 clinical support, message and referral service
- Guidance for academic and personal life challenges
- Help with managing anxiety, depression, stress and life changes
- Support for coping with the loss of a loved one



Practical support.

- Professional financial guidance
- Legal assistance and consultation with attorneys



Physical support.

- Wellness coaching (weight loss, fitness, nutrition, stress management, lifestyle improvement)
- Health risk assessments
- Support in finding assistance with substance use

How to get started.

You can access Global Counseling and Wellness Support in the Wellness section on the Member Portal or in the BCBS Global Solutions™ mobile app.

You'll also find articles, webinars and tools on a range of wellness topics in the online Wellness Portal.

There are three convenient ways to connect with a counselor.

1



Through the BCBS Global Solutions mobile app

- Select Telehealth
- Select Talk to a Counselor

2



By phone

- U.S. toll free: 877 249 4765*
- Outside the U.S.: +44 20 8987 6228

3



On the Wellness Portal

- Log in to the Member Portal on members.bcbsglobalsolutions.com/login/
- Select Wellness Portal in the Wellness dropdown
- Click the link for the portal, select Connect with Us and then Schedule an appointment



Scan this QR code to download our mobile app.

*Up to six sessions of counseling per issue, per year.

†Allow our mobile app to access your location while you're using it so it displays the right toll-free number for your area.

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