



WELLBEING: International SOS provides a range of mental health one-to-one services.

Focus on mental health

CRAIG DONATHY, OCCUPATIONAL PSYCHOTHERAPIST

Mental health is about the way we cope with things that are happening in our lives and how things can affect our emotions.

We all have mental health, just as we all have physical health. It can be broken into: How we feel; our ability to carry out tasks or activities; and the presence or absence of symptoms.

Mental health problems range from worries we all experience as part of everyday life to more serious conditions.

International SOS provides several mental health one-to-one services, and a range of ways people can access these services.

All our services are available remotely, as well as face-to-face, thus

ensuring people can be offered treatment wherever they might be.

ACCREDITED BABCP COGNITIVE BEHAVIOURAL THERAPY (CBT)

CBT is a talking therapy, proven to be effective for a wide range of problems including depression, anxiety, stress, relationship problems, sleep problems, OCD, panic and trauma (PTSD).

The therapist and client work together to understand problems in terms of the way people think, feel and behave, developing a shared understanding of how your difficulties came about and what keeps them going.

The aim is to learn more helpful ways of coping with your current and future problems.

EYE MOVEMENT DESENSITISATION REPROCESSING (EMDR)

This is a psychological therapy for trauma and some other mental health problems.

When people are involved in a distressing event they may find themselves overwhelmed by it and are unable to process what has occurred in the way this normally happens as an event becomes more distant.

The alternating left-right stimulation of the brain with eye movements, or by some other means, seems to unblock the system.

The distressing events become less intense and less immediate, and more like ordinary memories.

IPT (INTERPERSONAL PSYCHOTHERAPY)

IPT may be considered as an alternative to CBT for the treatment of moderate to severe depression, in addition to helping with relationship problems, and it is also considered a psychological treatment of eating disorders.

IPT focuses on one or two issues connected to past or present relationships with people that are triggering or maintaining a problem such as depression.

COUNSELLING

This can provide a safe space to talk about the

issues that are troubling you. Many people find it easier to discuss with someone who is not involved in the situation.

Counselling gives you the opportunity to talk with a qualified person who will listen to you non-judgmentally and empathically.

International SOS also provides 30-minute wellness calls to clients and their employees.

This service can be arranged via your account manager and used to discuss and address any issues or concerns you may be facing.

WAYS PEOPLE CAN START TREATMENT

Clients can self-refer to our psychological services, or an employer

can organise treatment through International SOS' bookings team.

Alternatively, we are covered to see people who can use their private medical insurance cover such as BUPA or AXA.

This cover can be activated with a simple call to their provider.

We can be contacted to request treatments from our administration team at ABZ.Lochnagar@internationalsos.com

■ For anyone interested in psychological services or finding out more about how International SOS can support your organisation's health and wellbeing please contact Claire Westbrook-Keir, International SOS client relationships director at claire.westbrook@internationalsos.com

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