

Here's how Sonder can support you

Popular help topics

Start a live chat, call or discover helpful resources across these common topics

24/7 help alert

Instantly connect with the Sonder team or emergency services

Resources

Access information on a wide range of topics such as:

- COVID-19
- Mental health
- University support resources
- Stress and anxiety
- Fatigue and sleep
- Family and relationships

... and much more

Live chat or call

Connect with nurses, psychologists, wellbeing experts and emergency responders directly

Wellbeing assessments

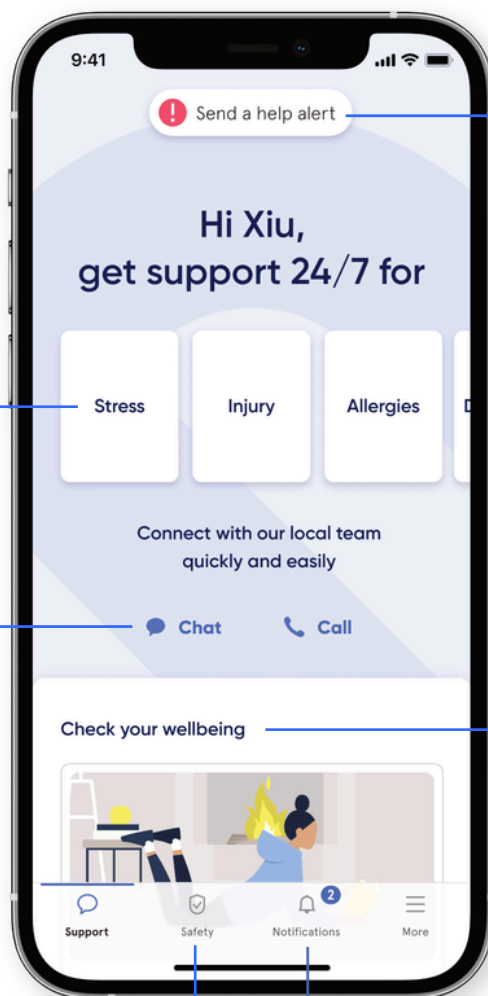
Our quick and easy questionnaires will allow you to reflect on your wellbeing and overall health

Track my journey and check on me

Feel safe and secure knowing someone is always looking out for you when you travel home, after class, meet someone new or walk alone in an unfamiliar area

Notifications hub

Sonder constantly scans the environment for events that might impact your safety, such as natural disasters, COVID-19 changes or criminal incidents nearby. Find all relevant updates here



 Access your free Sonder account

