

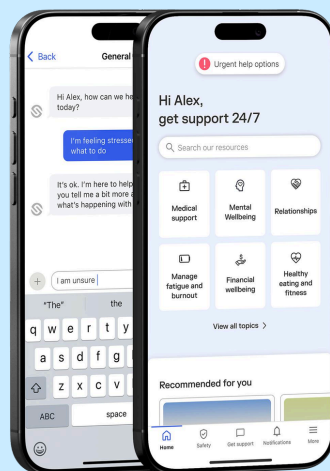
Support for your mental health, medical needs and personal safety — all in one app



We've partnered with Sonder to give you access to expert support for your mental health, medical needs and personal safety — all in one place.

Through the Sonder app, help is available whenever you need it. Whether you're feeling overwhelmed, unsure about a health concern, or want extra peace of mind while travelling, support is always within reach.

Connect with experienced professionals, including mental health specialists, Registered Nurses and safety experts — with additional clinical and emergency support available when needed.



Mental health

No matter the concern, Sonder's qualified professionals are available to talk and provide support. Whether managing stress, anxiety, low mood, or everyday challenges, help is available 24/7 via chat or call in the app. You can also access personalised wellbeing resources — articles, self-guided programs, assessments, and videos — to build healthy habits and support your mental wellbeing.

Medical

Get guidance on your symptoms and next steps from a Registered Nurse. Sonder helps you manage symptoms, decide if you need a GP, and navigate care options — from self-care advice to referrals and support.

Personal safety

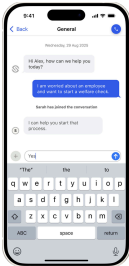
Stay safe on the move with tools like **Track my Journey** and **Check on Me**. Receive real-time safety alerts, notifications about local risks, and immediate support when you need it.



Download the Sonder app today. Scan the code to get started.

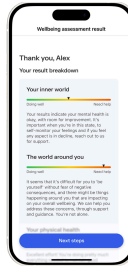
Wellbeing features

Practical tools to help you build healthy habits and stay supported day to day.



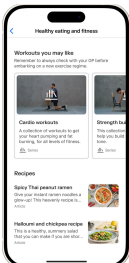
Live chat or call

Speak confidentially with wellbeing specialists or Registered Nurses anytime, day or night.



Wellbeing assessment

Take a short check-in to understand how you are tracking and receive personalised insights and support.



Wellbeing library

Access trusted articles, exercise videos, self-guided programs, sleep sounds, meditations, and more.



Wellbeing notifications

Helpful tips and reminders designed to support your mental and physical wellbeing.

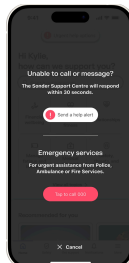
Safety features

Support to help you feel safer wherever you are.



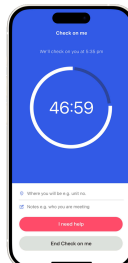
Track my Journey

Share your journey and stay connected while travelling. We monitor your progress until you safely reach your destination.



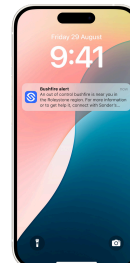
Help Alert

Need urgent support? Send a Help Alert to connect instantly with the Sonder Support Centre for remote or in-person assistance.



Check on Me

Set a timer when meeting someone new or going somewhere unfamiliar. If you do not check in, we will follow up to ensure you're safe.



Safety Alerts

Receive real-time notifications about nearby risks, weather events or disruptions without opening the app.