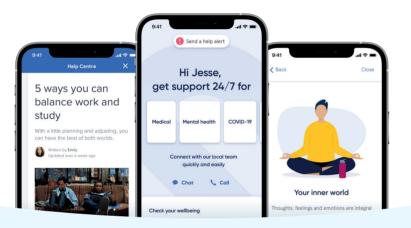
# Your education provider is proud to provide you with the Sonder app

Sonder is a completely confidential service, available in over 250 languages and is here to help with any issue big or small.



#### 24/7 real-time support through chat and call - in any language

No matter how big or small your worry, Sonder's team of friendly professionals are ready to help, whenever you need, in English or your preferred language. If it matters to you, it matters to us.

#### **Financial advice**

If you're experiencing financial distress, we'll find you the right support. Chat to Sonder for tips and advice on how to manage your money and soothe your anxiety.

#### Access to the Sonder wellbeing library

Browse hundreds of helpful articles. videos, and advice to support you on your wellbeing journey. Whether it's managing test-taking anxiety or tips on making friends, Sonder has an article to help you.

#### **Real-time, location-based** safety features

Whether you're having late nights at the library or out celebrating end of exams, Sonder is available to make sure your university experience is safe. Sonder's suite of unique safety features ensures that you are looked after when you need us most.

## Here's how Sonder can support you

**Popular help topics** Start a live chat, call Send a help alert or discover helpful resources across these common topics Hi Xiu, get support 24/7 for Iniury Allergies Connect with our local team quickly and easily Live chat or call 📞 Call Chat Connect with nurses. psychologists, wellbeing Check your wellbeing experts and emergency responders directly Track my journey

## and check on me

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

#### 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

#### Wellbeing assessment

Take three minutes to reflect on your wellbeing with a 16 question wellbeing assessment

Healthcare Academy

#### **Notifications hub**

Sonder always 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

### SONDER REGISTRATION PROCESS:

If you would like to use this service, please contact your Tutor, Learner Success Coordinator, or Online Learning Support.

#### YOOBEE COLLEGES LTD



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