



Rotterdam, November 11, 2024

Mental health: trauma psychologist

In addition to the focus on medical healthcare, investing in and making mental healthcare accessible is of great importance to companies. A company that cares for the mental health of its employees contributes to the safety and well-being of their employees, which can affect the performance, motivation and loyalty of the employees.

Employees who work abroad find themselves in a very different daily life. These changes can have a strong emotional and psychological impact. Working in a high-pressure environment, with long working days, far from family and friends, can also lead to burnout or even trauma.

Working in a risky environment can cause feelings of fear, isolation and constant alertness. The confrontation with aggression, an accident, a disaster or other drastic events always causes a mental wound.

When a company pays attention to the mental health of its employees, employees feel supported and heard. In risky and sometimes isolating circumstances, this is of great importance. It gives them a sense of security and connection with the company. This not only helps to ensure that projects run smoothly, but also contributes to the sustainable employability of employees who work in challenging environments.

Attention to mental well-being can be given in various ways:

- Prior to the deployment of an employee, attention can be paid to mental well-being, for example by providing information on dealing with stress.
- During the deployment, regular virtual check-ins can be done with a counselor, psychologist, so that employees always have a point of contact for their mental well-being.
- In the event of a major, shocking experience, a trauma psychologist can provide first aid on site. This first step can make a big difference in someone's recovery after a traumatic event. In some cases, specialized aftercare may be wise, depending on the severity and duration of the symptoms.
- Aftercare upon return of employees is intended both to help employees adjust to the home situation, and to provide specialized trauma guidance.

The Corporate Travel Clinic is pleased to announce that it has added a trauma psychologist to its team. This trauma psychologist is available 24/7 for telephone consultation. This psychologist can also be sent to your projects abroad in the event of a traumatic event.

Mental health: preventive screening

The Corporate Travel Clinic has also developed a preventive program, in collaboration with an external party, in the field of mental health. In addition to a screening on the mental level, this module also concerns the possibility of treatment if the preventive screening assessment gives reason for this. We offer this module on an individual level, but also for groups, departments or even an entire company.

If you would like to know more about our trauma psychologist or about our new module, please contact Rik van Peperstraten, business developer (010-8201131) or send an email to rvanpeperstraten@travelclinic.com or world@travelclinic.com.

Medical escorts

We have noticed that the demand for our medical escorts is increasing. Our medical escort service includes professional, personal guidance by qualified medical staff during the transport of your employee who needs medical care. This may apply in the event of a serious illness, an injury or after a medical procedure abroad. Our experienced doctors and nurses are ready to support your employees so that they can safely return to their home country or to a medical institution for further treatment.

If you would like to know more about this, please contact us (010-8201120) or send an email to world@travelclinic.com.

Closing days November and December

Havenymposium

On Friday 29 November we will be organising the 37th Havensymposium. We will be closed on this day.

This symposium, an annual meeting for professionals from the medical sector, promises an in-depth exploration of current topics in travel medicine. This year we will return to the unique location: the iconic Van Nelle Factory in Rotterdam and expect 600 professionals.

Climate change and the impact of travel on our health will be central to the 2024 Port Symposium. What are the underlying causes of global warming? And how do travel habits influence these processes? This year we will delve deeper into the implications for travellers, from increasing heat-related illnesses in the workplace to the spread of vector-borne and water-borne diseases. Current, practical issues will also be addressed. How do we give the right advice about rabies in the consulting room, for example? And which developments around new vaccines – such as those against chikungunya, dengue and RS – should we keep an eye on?

Holidays

During the holidays our opening hours are:

- Monday 23 December: 8.30-17.00
- Tuesday 24 December: 8.30-15.00
- Wednesday 25 December: closed
- Thursday 26 December: closed
- Friday 27 December: closed
- Monday 30 December: 8.30-17.00
- Tuesday 31 December: 8.30-15.00
- Wednesday 1 January: closed
- Thursday 2 January: 8.30-17.00
- Friday 3 January: 8.30-17.00

