



Settle. Seoul

MENTAL HEALTH & WELLBEING · INDIVIDUAL ARTICLE PDF

Build a Seoul support map.

Moving countries can intensify isolation, anxiety and work stress. Support is easier to reach when you have identified the people and professional routes before a crisis.

Settle Seoul 2027 · Reviewed October 2026 · Read online: www.settleseoul.com/articles/build-a-seoul-support-map

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2. Give support a place in the week

Links in this PDF open the official source or the online guide. Opening hours, prices, programmes and access rules change — confirm with the responsible operator before you travel.

THE ESSENTIALS

- Save one professional route you would genuinely use.
- Ask about qualifications, language, confidentiality and fees.
- In immediate danger, call 112 or 119 rather than waiting for an appointment.

Adapted from the Settle Seoul 2027 digital edition, pages 37, 38.

Official routes: MY SEOUL+ · University or employer support programme · 112 / 119 emergency help.

FIND THE RIGHT LEVEL

Ask for help before the problem becomes a crisis

Different providers offer different kinds of support. A qualified professional should assess your needs.

Types of support

- Counselling: adjustment, patterns, coping and support.
- Clinical psychology: structured assessment and psychological treatment.
- Psychiatry: medical evaluation, diagnosis and medication where appropriate.

Lower-cost routes

- Foreign-resident centres periodically offer multilingual counselling programmes.
- Universities and employers may offer confidential assistance.
- Check current eligibility and programme dates through MY SEOUL+.

Questions for a provider

- Qualifications, registration, supervision and experience with your concern.
- Language, confidentiality, records, fees, cancellation and emergency boundaries.
- Whether online sessions are legally and clinically suitable for your location.

Immediate danger

- Call 112 or 119 for immediate danger or urgent medical need.
- Contact a trusted person and move away from means of harm.
- Use a crisis service suited to your language and location.

Your safety matters

If you may harm yourself or someone else, seek immediate emergency help now rather than waiting for a routine appointment.

EVERYDAY RESILIENCE

Give support a place in the week

Build a small network and routine that you can actually maintain.

People and professional help

- One local person for practical support.
- One person at home with an agreed check-in rhythm.
- One professional route and one community around an activity or interest.

Boundaries and backup

- A regular sleep boundary and movement routine.
- A small money buffer for uncertainty.
- A crisis plan naming who to call, where to go and what helps you stay safe.

Notice the pattern

Persistent changes in sleep, appetite, concentration, mood, substance use or functioning are reasons to seek professional assessment.

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