PREPARE IN ADVANCE OF GOING ABROAD TO SUPPORT YOUR MENTAL HEALTH!

Considering your mental health when transitioning to a new setting is so important. Here are some tips and resources for what to consider in advance of studying abroad!

**Identify Coping Mechanisms**
Determine in advance what works for you at home when you are under stress or adjusting to changes in your schedule. Things like talking to a family member or friend or exercise!

**Determine Your Support System**
Who are your go to people to speak to at home? Make a plan for how often you will communicate, when and how.

**Know Before You Go**
Reduce the impact of culture shock by doing your research before you go. Be sure to pay special attention to social norms and amenities that might differ.

**Put Pen to Paper**
Keep a travel journal and write in it at least once a week. Use that time to recognize your accomplishments, give yourself affirmation, and reflect on how you are feeling.

**Keep Your Routines**
As much as possible, continue sleeping, eating, exercising, and resting like you do at home to provide stability during your transition.

**Utilize ISOS**
You are eligible for Emotional Support coverage through International SOS’ Workplace Options. Counseling sessions can be organized through International SOS.

**Utilize TELUS Health App**
DU has partnered with “MySSP through TELUS Health” to offer free and confidential access to remote mental health and wellbeing support 24/7 from anywhere.

**Make a Medication Plan**
Speak with a psychiatrist before leaving to verify that your medications will be allowed and will last through your travel. Request a letter detailing your need and prescription.

This document has been created as a collaboration between the University of Denver’s Office of International Education and the Health and Counseling Center’s Health Promotion Team.