

# MENTAL HEALTH ABROAD TIPS AND RESOURCES



## 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.



### 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 Crisis24

You are eligible for Emotional Support coverage through Crisis24. Counseling sessions can be organized through Crisis24.



### 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..



### 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.