This checklist is a tool to help students preparing to study abroad. To maintain your emotional and mental health abroad, consider doing the following things before you travel:

- **Research your host country**
  The more you know about the cultural practices in your host country, the easier it will be to adjust.

- **Discuss with your medical provider**
  Talk with your current doctor, therapist, or counselor about the potential stresses of traveling abroad. Identify how you will access support while abroad or in an emergency. Discuss whether your doctor is available to communicate with you via Skype if needed. Develop methods of self-care that can be utilized abroad.

- **Create a plan for medications**
  If you are currently on medications, find out whether your medication is available in your host country and research information about carrying prescriptions abroad. If your medications are not available abroad, work with your doctor and pharmacy to ensure you have enough to last the duration of your program. Make sure to carry prescriptions in your carry-on luggage.

- **Build an on-site network**
  Investigate mental health resources on-site. Identify English-speaking doctors or counselors available in your study abroad location via HTH website. Know where to go if you need support on-site. Check your host institution to see if services are provided on-campus.

- **Consider signing a release**
  Before departure, consider signing a release of information between your counselor, psychiatrist, or physician and the Study Abroad Office or your Faculty Director. Open conversations between everyone in your support network will ensure you have the necessary assistance to be successful abroad.

- **Confide in a "travel buddy"**
  Consider confiding in a fellow student regarding your health condition and concerns for extra support in case of an emergency.

In the event of an emergency, know who to contact:

**Study Abroad Office**
+ 1 919-515-2087
During office hours (M-F, 8:00am-5:00pm)

+ 1 919-515-3000
Outside office hours, call the NC State Police Department. UPD will call the Study Abroad Emergency Response Team

**Counseling Center**
+1 919-515-2423
Available 24/7 - Select the option to speak with the crisis hotline and you will be directly connected

**NC State Sexual Assault Helpline**
+1 919-515-4444
24 hour helpline

**HTH International Health Insurance**
1-888-243-2358 or +1-610-254-8769
hthstudents.com
Can work with you to identify medications abroad, locate English-speaking doctors abroad, and help arrange medical appointments