

Mental Health Wellness Abroad Checklist

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.
- 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 [GeoBlue](#). 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.
- Review additional resources:
 - [Successful Study Abroad with a Mental Health Condition](#)
 - [Preparations for Travel with Mental Health Condition](#)
 - [Resilient Traveler](#)

In the event of an emergency, know whom 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

GeoBlue International Health Insurance

1-800-257-4283 or +1-610-254-8771

geobluestudents.com

Can work with you to identify medications abroad, locate English-speaking doctors abroad, and help arrange medical appointments

SKILLS THAT FOSTER RESILIENCE



Assertiveness

Required for effective interpersonal relationships. Focused on confidence in communicating personal needs and wants, while respecting needs and wants of others.



Cognitive Defusion

Focuses on recognizing thoughts and emotions as internal constructs that should be acknowledged, but should not be the basis for behavior.



Deep Breathing

A skill that helps in soothing. Focuses on paying attention to the breath by breathing deeply into the belly, creating a balanced flow of air.



Mindfulness

To be fully engaged in the present moment. It involves intention, acceptance, non-judgment and gentle curiosity.



Reflection

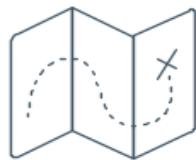
Taking the big picture into account. To be reflective is to have a balanced perspective of the past and present, as well as thinking about opportunities for future change.



Values-Based Action

Values are guiding principles that each person has to choose for themselves. Values-based action requires an awareness of personal values as well as an intention to commit to those values, despite difficulties.

RESILIENCY ROADMAP



Use the tool below to help you think through how you can address specific challenges while you are abroad. You can write out different challenges, your plan for dealing with these challenges, and also note the related resiliency skills.

Challenge	My Plan	Skills
		<ul style="list-style-type: none"> ○ Assertiveness ○ Cognitive Defusion ○ Deep Breathing ○ Mindfulness ○ Reflection ○ Values-Based Action