ASOCIACIÓN DE PROGRAMAS UNIVERSITARIOS NORTEAMERICANOS EN ESPAÑA

October 29th, 2024

Dear International Education Abroad Colleagues,

As APUNE, an organization committed to supporting U.S. study abroad programs in Spain and ensuring the safety and well-being of students, we want to address **the importance of mental health in our programs**. To that end, Sinews and MindPlace, two well-established mental health clinics with over a decade of experience treating a large international student population, have collaborated with APUNE to prepare the attached Mental Health Statements. These documents provide authoritative guidance on maintaining mental health while abroad, addressing common challenges and offering strategies to manage them.

Attached to this letter, you will find two documents that we have developed in partnership with these experts, both psychologists and psychiatrists, as well as a separate questionnaire:

- **Mental Health Statement-Students**: This is designed to be shared with students and their families, emphasizing the importance of assessing potential mental health needs before traveling abroad.
- **Mental Health Statement-Coordinators**: A document intended for staff in your Global Offices/International Departments, offering guidance on how to advise students about mental health considerations.
- **Mastering Emotional Wellbeing Abroad**: A self-assessment questionnaire for students to identify and communicate any mental health concerns. This tool is helpful for both students and coordinators to address potential issues that might negatively impact the student's study abroad experience (adaptable to your needs).

By incorporating and adapting these resources into your study abroad program recommendations, you can **better prepare students** for the emotional and psychological demands of studying abroad. This proactive approach can prevent early returns, medical withdrawals, and other disruptions that may negatively impact students' well-being and the effective running of the program.

We appreciate your attention to this important matter. We trust these resources will help promote the mental well-being of students in your programs. Please do not hesitate to contact us if you have any questions or require further information.

Sincerely,

APUNE (Association of North American Programs in Spain)