MASTERING YOUR EMOTIONAL WELLBEING ABROAD

This document aims to PRIORITIZE your mental health as you embark on your study-abroad adventure and PREVENT early returns and distressing experiences.

1. Understanding Mental Health in Study Abroad:

- Many students come with high **expectations**, and may even assume that a change of scenery might automatically solve their existing issues.
- Some students may not consider the full importance of maintaining their mental health **support networks, treatment, or medication**.
- Others underestimate the complexities of navigating a new culture or facing language **barriers**.
- These challenges may have a significant impact on mental health and result in early departures or medical withdrawals due to untreated conditions, or they may disrupt the academic and social fabric of the study abroad experience.

2. Considerations Before Studying Abroad:

- While mental health conditions shouldn't deter you from studying abroad, carefully **assess** whether they might cause significant distress or dysfunctionality.
- If you are being treated for mental health issues, ensure you have **enough medication** for the entire period of your study abroad experience.
- Communicate with your program in advance to arrange necessary **support** from psychiatrists and psychologists (local or abroad).
- Securing comprehensive **insurance coverage** is crucial to address any potential needs while abroad.
- It may be advisable for your family to ensure their passports are up to date in order to be prepared for any unforeseen emergencies.
- If you are unsure about your readiness for a study abroad program, explore alternative options, such as adjusting program dates or considering hybrid or shorter programs.

Our goal is for you to embark on your study abroad journey at a time conducive to your enjoyment and growth. By offering guidance and support, we aim to assist you and your family in making informed decisions that prioritise your wellbeing and aspirations.