

## BEFORE YOU GO

- **Disclose mental health history on the health form**
- **Know your warning signs**
- **Make a plan for known mental health concerns & medications!**
- **Be aware of resources on the ground**



## MORE INFO

Counseling and Psychological Services (CAPS)  
 919-966-3658  
[www.caps.unc.edu](http://www.caps.unc.edu)  
 Walk-in services welcome

Campus Health Services  
 919-966-2281  
[www.campushealth.unc.edu](http://www.campushealth.unc.edu)  
[www.campushealth.unc.edu/services/international-travel-clinic](http://www.campushealth.unc.edu/services/international-travel-clinic)

UNC Study Abroad Office  
 919-962-7002  
[www.studyabroad.unc.edu](http://www.studyabroad.unc.edu)



# MENTAL HEALTH AND SELF-CARE WHILE ABROAD

## A GUIDE TO PLANNING AHEAD FOR YOUR STUDY ABROAD EXPERIENCE

## ADJUSTMENT

There are different phases of adjustment that you may experience, though not necessarily in linear fashion, while abroad.

### HONEYMOOD PERIOD

Excitement about being in a new culture

### CULTURE SHOCK

Feeling a sense of unease or unfamiliarity with how or why things “work” the way they do.

### INITIAL ADJUSTMENT

Becoming more familiar with daily life in the new culture.

### ISOLATION

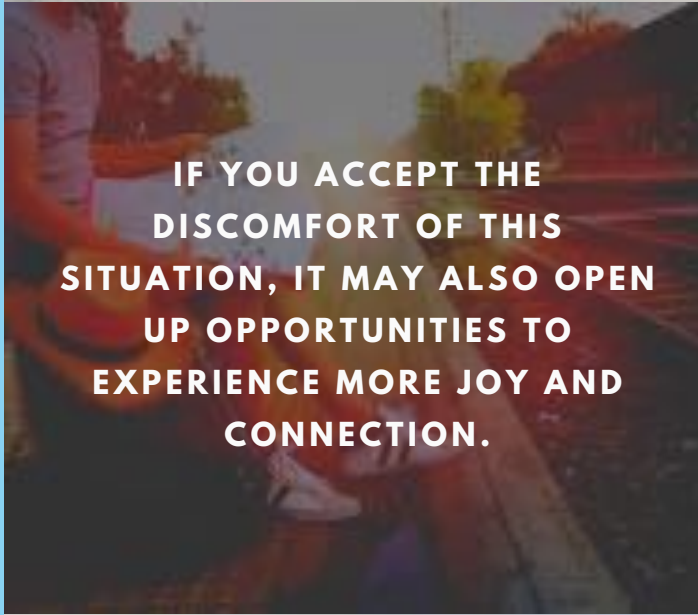
Feelings of homesickness; experiencing frustration with accomplishing everyday tasks; missing social cues.

### ACCEPTANCE AND ADAPTATION

Greater ability to navigate the new culture; understanding habits, customs, food, and establishing ties within the community

## WHILE YOU'RE AWAY

- Know what to expect
- Avoid social media– be present!!
- Build social support where you are
- Keep a pulse on how you're doing



**IF YOU ACCEPT THE DISCOMFORT OF THIS SITUATION, IT MAY ALSO OPEN UP OPPORTUNITIES TO EXPERIENCE MORE JOY AND CONNECTION.**



## TRAVELING WITH MEDICATIONS

- Have enough medication for the duration of your travel, plus a little extra in case of unforeseen delays. You may not be able to obtain the same medication in your host country.
- Allow for several business days for your pharmacy to try to obtain approval from your insurance company for extended medication supplies.
- You may need to make a provider appointment to obtain prescriptions for extended supplies of medications.
- Some countries have strict guidelines about medications that may be transported into the country. Check with the embassy of the host country.
- Keep your medication in the originally labeled bottles in your carry-on luggage.

## SELF-CARE

Practice good self-care while away: eat well, practice good sleep hygiene, avoid mood altering substances (alcohol and other drugs), exercise, and take medications and see a doctor for physical illnesses.