Study Abroad
Pre-Departure
Mental Health Check-in

Check in with yourself
What needs do you have right now? Have you been struggling with anything that needs to be addressed?

Is right now a safe time to be thinking about your mental health struggles? Do you have someone to turn to if you become overwhelmed?

Who can you turn to for help?
Make a list of people you know and trust will be able to help you if you are in need of support.

Recognize your symptoms
Think about what signs have been indicative of your struggles with mental illness before. This way, if these feelings arise when you are abroad, you are able to recognize them for what they are and practice effective coping strategies.

These symptoms may include:

- Feelings of anxiety or sadness: irritability, fear, disrupted sleep patterns
- Feeling lonely or isolated: homesickness, withdrawal, compulsive eating or irregular hunger cues
- Feeling uncomfortable or helpless: excessive need for cleanliness, a sense of total disconnect from new country and culture, restlessness

Identify and Practice Healthy and Effective Coping Mechanisms
It will be much easier to apply coping mechanisms if you practice them before you absolutely need them. What is ‘healthy’ and ‘effective’ is different for everyone, depending on your current needs and history. What works for your friend may not work for you! Further, it’s important to remember that what works at home may not work abroad. So, it’s important to have several options to turn to when you recognize a need to care for your mental health. Some examples may include:

- Finding a quiet space to read, draw, or journal. Simply write down how you are feeling, trying to do so without judgement.
- Reach out to a trusted friend or family member to talk about how you’ve been feeling.
- Get outside! Go for a walk, bike ride, hike, or run alone or with others.
- Look for clubs at your host university you may be interested in joining. Maybe a club you enjoy at Wesleyan also exists there! This can help with feeling isolated in a new place.
- Cooking or baking. This could be a way to connect to the culture of your host country by trying a new recipe, or a way to find some comforts of home by sharing a recipe which you already know.

Do you need to make a more specific plan?
If you have struggled with a mental illness or your mental health at all in the past, it’s a great idea to speak to a therapist through CAPS or an outside practitioner to develop a specific treatment plan to suit your needs.
### Study Abroad Pre-Departure Mental Health Check-in

After reading the Office of Study Abroad’s recommendations for preparing to care for your mental health abroad, fill out the boxes below to check-in and make a personal plan to care for your mental health while you are studying abroad.

<table>
<thead>
<tr>
<th>Check in with yourself</th>
<th>Identify and Practice Healthy and Effective Coping Mechanisms</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What needs do you have right now? Is right now a safe time to be thinking about your mental health struggles?</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Who can you turn to for help?</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Recognize your symptoms</strong></td>
<td>Do you need to make a more specific plan?</td>
</tr>
</tbody>
</table>

*Brought to you by the Wesleyan Office of Study Abroad, CAPS, and Davison Health Center*  
Contact us at studyabroad@wesleyan.edu with any questions