MENTAL HEALTH ABROAD CHECKLIST

When considering study abroad, it’s important for students to take the following recommended steps:

1.) ASSESSMENT

- **Complete** a mental health self-assessment screening to give yourself a better sense of issues to address & further information about next steps and treatment.

2.) DEVELOP A PLAN

- **Meet** with a mental health physician and/or counselor to talk about study abroad. Discuss your readiness, a plan for continuing your mental health care & coping strategies to help.

- **Research** services available to you onsite: at your host institution’s counseling office, through your family’s insurance or another insurance provider that covers mental health services abroad. Continuing care and counseling sessions are not covered by USC’s insurance while abroad, however you can still contact International SOS for referrals and to set up appointments with health care providers in your host city.

- **Ask** your study abroad advisor or program staff for advice about on-location services and support. Otherwise, consider confiding in another student on your program or a friend abroad regarding your condition, so that someone onsite is aware (in the event of an emergency).

3.) RESEARCH PRESCRIPTIONS

- **Call** International SOS to find out if your prescriptions are legal abroad. (Ex: Adderall & Ritalin)

- **Fill** prescriptions for your entire stay, keep them in their original containers with your name on them & bring your prescription letter. DO NOT plan on having prescriptions mailed to you at a later date, as they will likely be stopped at Customs. When flying, don’t pack medications in your checked bag, bring them in your carry-on.

4.) FIND TOOLS TO HELP

- **Attend** Feel Better Workshops, Let’s Talk drop-in sessions and Support & Skills group meetings at USC Counseling Services before departure for advice on how to handle stress, anxiety and other common issues. Also check out their Virtual Clinic & stress & anxiety apps.

- **Consider** the support and care you currently rely on, and how to continue those connections while abroad. Can you setup a schedule of regular calls/skype sessions with your counselor or friends and family?

- **Consider** practices that might help you while abroad and set aside time for them: regular exercise, journaling, joining clubs and student organizations, good nutrition, regular sleep, mindfulness practices, free apps for anxiety and depression, checking in with friends and loved ones regularly, as well as other self-care practices that are already helping you or which you may not have tried yet.

- **Make sure** you know who to contact in the event of an emergency and keep their details with you at all times: the crisis center in your host city, local hospital, your university or program provider’s emergency contact, your host institution counseling center, and International SOS (keep the ISOS card with you).

- **If you feel** that you are having a mental health emergency, go immediately to the nearest local hospital. When the situation is more stable and you are safe, contact International SOS to set up a case file (or have a friend do so) and to receive further resources. To open a case, check your ISOS card for the phone number to the nearest ISOS call center. If you have lost your card, then call +1-215-942-8226. ISOS will ask for USC’s membership number, which is 118SGC000010. Be sure to make a note of the case number they give you. You should also contact USC Student Affairs for crisis management and notify your Resident Director and/or the Office of Overseas Studies.

- **Please** review the USC Counseling Services & Overseas Studies Mental Health webpages for more information and links to resources.