

MENTAL HEALTH ABROAD CHECKLIST

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

1.) ASSESSMENT

Speak with a counselor to gain a better understanding of the mental health issues you may need to address, and for 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 [International SOS](#) offers free 24/7 counselling services by phone and referrals for 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 [Let's Talk](#), [Well-being Wednesdays](#) & [Thriving Thursdays drop-in sessions](#) & [group counseling sessions](#) at USC Counseling Services before departure for advice on how to handle stress, anxiety and other common issues.

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 11BSGC000010. 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.