

STUDY ABROAD

MENTAL HEALTH HANDBOOK



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MENTAL HEALTH AND STUDYING ABROAD

Traveling abroad can cause additional stress and mental strain. You are in a new environment away from what's familiar without the support systems that you are accustomed to. That's why we've created this handbook with resources and information that you may find helpful when coping with stress while traveling abroad.

It is important that you take good care of yourself. Your body is a machine that needs to be taken care of. In the same way a car needs fuel and regular maintenance in order to function, you need to take care of your needs both physically and mentally while abroad. Please review the following handbook and prioritize taking care of yourself. If you are in a mental health crisis, please contact emergency services immediately.

There is a lot of stigma surrounding mental health problems. This means that a lot of people are reluctant to seek help. They are afraid that they are going to look weak, or that seeking help means that they are admitting that something is wrong, but asking for help is a positive thing. You want to feel better and you are doing something about it.



MENTAL PREPARATION BEFORE YOU GO

To study abroad is a great experience and can help you grow as a person. Here are some tips on how you can prepare yourself mentally:

- 1.** Consider meeting with a mental health professional prior to studying abroad. If you have mental health concerns, communicate them to someone who can offer support.
- 2.** Figure out what resources will be available to you while abroad.
- 3.** If applicable, take all of your medications with you. Have enough to last for your entire trip and bring some additional in case of an emergency. Research pharmacies in the areas you'll be traveling in case you need a refill.

Some countries have restrictions when it comes to which medications can bring. Research ahead of time to verify that your medications are permitted in your destination. Travel with your medications in their labeled, prescription bottles that have your name clearly marked.

- 4.** Save money and make a budget. To travel and be abroad can be costly, but having some money saved up and budgeting it can decrease your stress.
- 5.** Try to learn some words in the language where you will be studying abroad. When you are abroad, you can't be sure that everyone knows English. Knowing the basics and being able to hold a simple conversation can be very helpful.
- 6.** Explore the culture of your host country. Going abroad and knowing nothing about the country can be scary and cause stress. Study the country to learn about the people, religion, and culture.

SUU MENTAL HEALTH RESOURCES

Mental health is essential for a student's academic success. SUU provides resources, support, and services to address mental health issues at every level of concern.

This [website](#) has links to all the resources available here at SUU. Below are resources that can be utilized while abroad.

[TimelyCare](#)

TimelyCare offers 24/7 access to virtual care, self-care, and well-being tools.

[TAO Connect](#)

Online workshops and self-guided resources for students.

[Togetherall](#)

If you're feeling lonely, stressed, worried or just not yourself, on Togetherall you can get support and start to feel better. Chat anonymously with peers around the country.

[Trula Campus](#)

TrulaCampus™ offers peer-to-peer, confidential coaching sessions that support students in optimizing their health and wellness and make meaningful life changes.

[SafeUT](#)

The SafeUT app provides a way to connect to licensed counselors that are ready to listen to any crisis or concern. Support is immediate and confidential, and as easy as reaching for your phone and sending that first message.

SUU MENTAL HEALTH RESOURCES

SUU has many resources available that can help you prepare for your study abroad or aid in your transition after you get home. Note that the following resources aren't available while you are abroad. Utilize these resources before and after your study abroad!

Health and Wellness Center

The SUU Health & Wellness Center strives to promote holistic health and well-being of students through comprehensive programming, peer to peer support, and preventative education. They share accurate and useful health information and offer support regarding student well-being .

Student Outreach and Support (SOS)

The Student Outreach and Support (SOS) Office at Southern Utah University provides support, non-clinical interventions, advocacy, and referrals for students experiencing challenges in their personal and academic lives. The SOS team is comprised of non-clinical case managers who meet with students to gain an understanding of their needs and to identify personal strengths. SOS team members can assess students for health risk factors and assist students in making connections with resources that can offer treatment and higher levels of care. The services offered by the SOS team are designed to assist students in developing appropriate self-care and self-advocacy skills. The SOS team works closely with students to collaboratively develop action plans for success. The SOS team is committed to assisting students as they navigate university administrative processes, connect with university and community resources, and overcome obstacles to their academic success.

Care Team/Case Management

The Care Team utilizes a multidisciplinary team to identify students in need of support, review all relevant information, and develop specific intervention and prevention strategies. They analyze information to discern patterns and follow up appropriately. The Care Team will provide training for University students, faculty, and staff to help identify concerning behavior.

SUU MENTAL HEALTH RESOURCES



SUU Student Health Clinic

In partnership with FourPoints Health, the Student Health Clinic provides free medical care to help students while in school. Current SUU students can receive treatment in the on-campus clinic on a walk-in, first-come first-served basis.

Counseling and Psychological Services (CAPS)

CAPS is staffed with experienced licensed mental health professionals including psychologists, social workers, and mental health counselors who work with students to reduce the interference of everyday stress and also treat more serious conditions.

CAPS regular services include individual counseling, couples counseling, group counseling and workshops, and biofeedback.

CAPS Women's Support Group

SUU Counseling and Psychological Services (CAPS) offers a weekly open women's support group that both SUU students and Cedar City community members are welcome to join.

This group meets every Tuesday from 5:30 pm- 6:30 pm (MT) via Zoom and works to address many forms of harm that women experience. If you feel that you are in need of some extra support during challenging times, this group may be for you.



Other Online Support Groups

We live in a digital world, which means that there are a lot of available resources for therapy or group support online. CAPS offers a variety of support groups that cater to different needs.

There are also countless online support groups that you can access. For more information, visit the CAPS group page or call their office at (435) 865-8621.

TRAVEL STRESS

Traveling can be a stressful process with challenges and lots of pressure. When traveling, you can find it hard to manage stress since you are not in your normal environment. You can start to feel like it is hard to concentrate or think clearly, your heart rate might get rapid, or you might experience shortness of breath, start to feel dizzy or nauseous, get a headache or muscle tension, etc. Traveling stress can be triggering, but there are ways you can manage it.

Keep in mind that some things are simply out of your control, but anticipating and preparing for stressful situations can help to minimize their effect.

Before you leave

- Try to find a flight directly to your destination. If that is not possible, avoid long or multiple layovers.
- Plan to travel with a friend or family member. If that is not possible, make sure to check in regularly with friends or family during your trip.
- Register with your embassy; they can help you if you experience an emergency while abroad.

During your trip

- Stay away from alcohol or other psychoactive substances.
- Arrive early to the airport and give yourself enough time to get through security checks.
- Take something with you that you know can calm you down, for example a book, journal, music, keepsake from home, etc.
- Make sure that you know your physical and mental limits and change your original plans if needed to decrease stress.
- Do breathing exercises, stretch, and walk around to mitigate stress.
- Hydrate, eat healthily, and get enough rest.
- Be present and take it all in, including the people, smells, and sights.

After your trip

- Reverse Culture Shock can influence you after you return from your study abroad.
- Track your symptoms and consult with mental health professionals.
- Get plenty of rest.
- Share your experiences traveling with others.
- Remind yourself about the things you love about home.

CULTURE SHOCK

Many travelers experience culture shock when they are in a new city or country. It's important to understand the signs and symptoms. Culture shock can vary in severity but can easily affect your study abroad experience. Keep track of how you're feeling to understand if you are experiencing culture shock.

4 Stages of Culture Shock

1. Honeymoon Stage

- You may feel excited and curious. With any new experience, there is a feeling of euphoria.

2. Anxiety Stage

- The simple things may begin to annoy you more than before and you may even feel easily irritated and angered. You may realize that your familiar support system is not as easily accessible.

3. Adjustment Stage

- Things start clicking and falling into place during this stage. Things that used to be foreign will quickly become routine and your life will feel more balanced as you adjust.

4. Mastery Stage

- You may feel a sense of comfort in your new home and more at ease with the things that used to be uncomfortable. You'll begin to embrace the culture and a new way of life.

Symptoms

- Homesickness
- Feeling isolated or helpless
- Body pains and aches
- Loss of appetite
- Feeling sad, lonely, and vulnerable
- Irritability and anger over minor frustrations
- Longing to go back home
- Sleeping a lot or getting tired easily



Tips for Coping

- Do your research before you go. Learn about the locals, cultural norms, education systems, and etiquette.
- When you arrive, start writing in a journal.
- Leave your comfort zone.
- Make new friends and practice the language.
- Make sure you have at least one person, whether it is a professor, host parent, or a fellow student that you can reach out to if you are going through difficult times.
- Go to as many activities as you can and meet new people.
- Plan trips and participate in sports and recreational activities.

IT'S SIMPLE, BUT IT WORKS

Finding solutions to mental health can be intimidating. However, there are proven benefits and simple solutions that can begin to help. These include exercise, meditation and yoga, improving your sleep, and self-help apps.



Mental Health Benefits from Exercise

A lot of people look at exercise as a way to look better/healthier, but regular exercise can have many other benefits. It can improve sleep and memory, increase overall happiness, reduce stress, improve self-esteem, build resilience, and give you more energy and help with depression, anxiety, and ADHD.

It is also essential to keep in mind that you don't need to spend hours a day doing extreme exercises to get rewarded. It is enough to do 30 minutes of exercise five days a week, and you can split those 30 minutes up however you want.

In a study done by Harvard T.H. Chan School of Public Health, they shared that running for 15 minutes/walking for an hour a day can reduce the chance of depression by 26%.

Meditation and Yoga

Meditation and yoga have multiple benefits. For example, they can lower levels of stress, manage anxiety and depression, improve self-esteem, improve focus and concentration, and control pain. Guided meditations and yoga sessions can be found on YouTube, podcast players, apps, websites, etc. Below are several resources to get you started in your search for what works best for you:

[Insight Timer](#)

On this website, you can find 10,000 free meditations. Examples of the categories available are improving your sleep, coping with anxiety, and managing stress.

[University of Florida Mindfulness](#)

On this website, you can find multiple podcasts, guided meditations, and apps that can be very helpful to improve mental health.

Improve Sleep

Sleep is necessary for you and something you shouldn't neglect. Getting enough sleep is very beneficial. It improves mood and mental health, decision making, and thinking clearly. It also helps the heart and other organs. Adults need at least 7 hours of sleep a night. Getting quality and enough sleep each night is especially important when you are experiencing stress.

- Try to get in some exercise during the day.
- Try to go to sleep and wake up at the same times every day. Be consistent.
- Don't watch TV, read, or bring your phone to bed.
- Take a bath before sleep.
- Sleep in a room that is cool (65°- 68° F), dark, quiet, and comfortable.
- Limit liquid drinks several hours before bedtime.
- Avoid alcohol, caffeine, nicotine, and chocolate several hours before bedtime.
- Spend some part of your day outside; being exposed to bright light during the day improves sleep.

SELF-HELP APPS

Anxiety management apps have been shown to be helpful. A lot of people can't get access to in-person mental health help, and for that reason, apps can be beneficial. But keep in mind that there are a lot of apps out there that have not been proven effective, so it is important to choose the right ones. The following 7 apps were made by mental health professionals. Click the titles to learn more.

[*IntelliCare*](#)

This app consists of 12 mini-apps. It focuses on helping you find ways to relieve and reduce anxiety.

[*MindShift*](#)

This app helps people overcome anxiety disorders, self-help for stress, perfectionism, text anxiety, worry, and performance anxiety. On this app, you can learn skills and coping strategies.

[*Self-Help Anxiety Management \(SAM\)*](#)

This app provides resources, guidance, information, and self-help options. You can use all those resources to build your own toolkit against anxiety. This app also offers an option to join a closed social network where you can connect and chat with other users that are dealing with anxiety.

[*Anxiety Coach App*](#)

In this app, cognitive-behavioral therapy is used to help you decrease anxiety and reduce negative thoughts. The app gives you an option to take a test, then create a plan to manage your anxiety, track it, and monitor your progress.

[*Breathe2Relax*](#)

This app teaches you breathing exercises for anxiety. It is interactive and has a lot of helpful information. You can track your breathing and relaxation progress.

[*Headspace*](#)

In this app, you learn meditation for anxiety and stress reduction, where you can increase deep breathing, mindfulness, relaxation, and concentration.

[*Panic Relief*](#)

This app uses four tools to control panic, anxiety, and stress. It teaches deep breathing techniques and muscle relaxation.

MENTAL HEALTH DURING A CHANGE

Change is hard for everyone, especially when it starts affecting your mental health, but there are ways you can support your mental health when you are going through a change in your life.

- Don't be afraid to open up and tell people what you are going through and/or how you feel. Talk to someone who is supportive and listens. It can be a friend, family member, or a mental health specialist.
- Take care of yourself and do things that make you feel good. Exercise, drink water, journal, meditate, listen to music, read books, etc.
- You have control over how you respond to situations. Try to challenge the negative thoughts you have about change, and work on moving forward in a positive way.
- It is natural to get overwhelmed, but there are certain things you can control; one of them is your breath. Controlling your breath can help you feel calm, and there are a lot of resources that you can use to practice breathing like YouTube videos and apps.
- Embrace change. Progress and growth can come from changes.
- Remember you are not alone in dealing with change. Utilize your support system and reach out for help and reassurance as needed.
- Remember that if you are struggling you have resources, you are not alone. You can text TALK to 741741 to the Crisis Text Line. Or call 1800 273- Talk (8355) and get hold of the National Suicide Prevention Lifeline. Get familiar with the resources available in your community, there are a lot of counselors and professionals that can help you, both in-person and online. At the end of this handbook you can find crisis numbers.

HOW TO BUILD A SUPPORT SYSTEM

You should not have to go through this whole process alone. Building a support system can be very helpful for your recovery. Here are some suggestions on how to start building your support system:

- Share your feelings with a friend or family member you trust and know will be supportive.
- Use the resources you have, like your family doctor. They can help you or suggest people that can help.
- Call a helpline.
- Connect with community mental health organizations. They can give you information and support.
- Use books and websites to learn more about mental health.
- Talk to a person that has been experiencing mental illness and learn about their journey and the process of recovery.
- Attend workshops or educational sessions about mental health.
- Talk with someone you trust from your faith or cultural group.

Most support systems include some of the following people:

- Family doctor
- Psychiatrist
- Psychologist
- Counselors
- Family
- Friends
- University mentors
- Mental health professionals
- Community health organizations
- Support groups and peer supporters
- Other community services



CRISIS AND DISTRESS

If you are struggling after enduring a disaster, you are not alone and there are available resources for you. Disaster Distress Helpline or DDH (1-800-985-5990) is something you can use if you need help and support for any distress you are experiencing after disasters.

Mental Health Meter

It can be very helpful for you to know the status of your mental health and where you stand.

The Mental Health Meter is a non-scientific test. It has 5 categories: Ability to enjoy life, Resilience, Balance, Self-actualization, Flexibility. Each of these categories have 6 questions, where you answer either “agree” or “disagree”. Once you have answered the questions, you get a score and results.



Scan or click this QR code to take this test:

Signs of distress

- Sleeping too much or too little
- Overwhelming sadness
- Aches
- Anger, feeling edgy, or lashing out at others
- Worrying and feeling stressed but not knowing why
- Feeling like you have to keep busy
- Lack of energy
- Drinking or smoking more than usual
- Eating too much or too little
- Disconnected with others
- Not feeling like yourself

Tips to cope with stress after disaster

- Take care of yourself. Drink water, exercise, and avoid alcohol and drugs.
- Talk to a friend or family member that you trust.
- Practice healthy sleep habits in order to get enough rest. If you wake up in the middle of the night and can't fall back asleep, try to write down what is on your mind.
- Nurture pets or go outside when it's safe. Or open a window to get fresh air and sunlight when going outside is not possible.
- Know when to seek out help when you feel signs of depression, anxiety, and alcohol or drug abuse.

TRAVEL AND SUBSTANCE USE

When some travelers experience stress or feel isolated, they turn to substances to escape. Or, since they are away from home, they feel like it is a perfect opportunity to let loose. Substance use in a foreign country can put your safety and health at risk, as well as have legal consequences. Substance use is very harmful and can be hard to stop.

Signs of substance reliance

- You ignore the harmful side effects of the substance and keep using it
- You are willing to spend a lot of time and energy to get the substance
- Over time you start to increase the amount you take and you struggle with controlling your intake
- When you try to stop, or do stop taking the substance, you experience physical withdrawal
- You experience cravings for the substance

Importance of knowing the risks

When you use substances you can end up in dangerous situations. You can experience symptoms of psychosis like struggling to think clearly, isolating yourself, feeling stronger emotions than usual, paranoia, or feeling no emotions at all. You can also experience symptoms of psychiatric dissociation like memory loss, feeling like you are detached from yourself and emotions, a blurred sense of identity, and feeling like people and things around you are unreal. Withdrawal, where you feel anxious, aggregated, experience hallucinations, delusions, delirium tremens, etc. is also a possible outcome.

You need to know that both the purchase and use of drugs are illegal in most countries and can lead to charges, fines, or imprisonment. When you are in an unfamiliar environment, the quality of the drugs might be different and you could experience physical or mental effects or even overdose.

Seeking treatment in a foreign country

When you are in a foreign country where you experience language barriers or feel like you don't have a support system, it can get hard to get the help necessary, especially in countries where substance use is especially stigmatized. To have a safe travel experience it is important that you know the signs of substance abuse and how and where to seek help. Look up local mental health professionals, substance abuse hotlines, and connect with SUU's resources to find help.

It is also important that you know that travel health insurance does not cover any medical expenses that can occur from substance abuse (like hospitalization).

HELPLINE NUMBERS

988 Suicide & Crisis Lifeline

Call: 988

Online Chat:

<https://988lifeline.org/chat/>

Emergency Situation

Call: 911

ULifeline, your online resource for college mental health

If you need immediate help

Text: START to 741-741

Call: 1-800-272-TALK (8255)

The Trevor Lifeline (Suicide Prevention for LGBTQ Youth)

Text: "START" to 678-678

Call: 1-866-488-7386

Online Chat: thetrevorproject.org/get-help

CDC National STD Hotline

Call: 1-800-232-4636

Veterans' Suicide Prevention Lifeline

Call: 844-530-0406

Treatment Referral Hotline (Substance Abuse)

Call: 1-800-662-4357

National Sexual Assault Hotline

Call: 800-656-4673

Online Chat: online.rainn.org

National Teen Dating Abuse Helpline

Call: 1-866-331-9474

Crisis Text Line

Text: START to 741-741

National Domestic Violence Hotline

Call: 1-800-799-7233

Text: "START" to 88788

Online Chat:

<https://www.thehotline.org/>

National Child Abuse Hotline

Call: 1-800-422-4453

Text: 1-800-422-4453

Online Chat:

<https://m2.icarol.com/ConsumerRegistration.aspx?org=2075&pid=555&cc=en-US>

Disaster Distress Helpline

Call: 1-800-985-5990

Text: 1-800-985-5990

National Alliance on Mental Illness

Call: 1-800-950-6264

Text: 62640

Online Chat: nami.org/help

Email: helpline@nami.org

INTERNATIONAL SUICIDE HOTLINES

Algeria

Emergency: 34342 and 43
Suicide Hotline: 0021 3983 2000
58

Argentina

Emergency: 911
Suicide Hotline: 135

Armenia

Emergency: 911 and 112
Suicide Hotline: (2) 538194

Australia

Emergency: 000
Suicide Hotline: 131114

Austria

Emergency: 112
Suicide Hotline: 147

Bahamas

Emergency: 911
Suicide Hotline: (2) 322-2763

Bahrain

Emergency: 999

Bangladesh

Emergency: 999

Barbados

Emergency: 911
Suicide Hotline: (246) 4299999

Belgium

Emergency: 112
Suicide Hotline: 1813

Bolivia

Emergency: 911
Suicide Hotline: 3911270

Bosnia & Herzegovina

Emergency: 124
Suicide Hotline: 080 05 03 05

Botswana

Emergency: 911
Suicide Hotline: +2673911270

Brazil

Emergency: 188
Suicide Hotline: 90035191

Bulgaria

Emergency: 112
Suicide Hotline: 0035 9249 17 223

Burkina Faso

Emergency: 17

Canada

Emergency: 911
Suicide Hotline: 1 (833) 456-4566

Chad

Emergency: 2251-1237

China

Emergency: 110
Suicide Hotline: 800-810-1117

Congo

Emergency: 117

Croatia

Emergency: 112
Suicide Hotline: (01) 4833-888

Cyprus

Emergency: 112
Suicide Hotline: 8000 7773

Czech Republic

Emergency: 112

Denmark

Emergency: 112
Suicide Hotline: 4570201201

Egypt

Emergency: 122
Suicide Hotline: 131114

Equatorial Guinea

Emergency: 114

Estonia

Emergency: 112
Suicide Hotline: 3726558088

Ethiopia

Emergency: 911

Finland

Emergency: 112
Suicide Hotline: 010 195 202

France

Emergency: 112
Suicide Hotline: 0145394000

Germany

Emergency: 112
Suicide Hotline: 08001810771

Ghana

Emergency: 999
Suicide Hotline: 2332 444 71279

Greece

Emergency: 1018

Guinea

Emergency: 117

Guyana

Emergency: 999
Suicide Hotline: 223-0001

Holland

Emergency: 112
Suicide Hotline: 09000767

INTERNATIONAL SUICIDE HOTLINES

Hong Kong

Emergency: 999

Suicide Hotline: 852 2382 0000

Hungary

Emergency: 112

Suicide Hotline: 116123

India

Emergency: 112

Suicide Hotline: 8888817666

Indonesia

Emergency: 112

Suicide Hotline: 1-800-272-8255

Iran

Emergency: 110

Suicide Hotline: 1480

Ireland

Emergency: 116123

Suicide Hotline: +4408457909090

Israel

Emergency: 100

Suicide Hotline: 1201

Italy

Emergency: 112

Suicide Hotline: 800860022

Jamaica

Emergency: 119

Suicide Hotline: 1-888-429-5273

Japan

Emergency: 110

Suicide Hotline: 810352869090

Jordan

Emergency: 911

Suicide Hotline: 110

Kenya

Emergency: 999

Suicide Hotline: 722178177

Kuwait

Emergency: 112

Suicide Hotline: 94069304

Latvia

Emergency: 113

Suicide Hotline: 371 67222922

Lebanon

Emergency: 112

Suicide Hotline: 1564

Liberia

Emergency: 911

Suicide Hotline: 6534308

Luxembourg

Emergency: 112

Suicide Hotline: 352 45 45 45

Malaysia

Emergency: 999

Suicide Hotline: (06) 2842500

Mali

Emergency: 8000- 1115

Malta

Emergency: 112

Suicide Hotline: 179

Mauritius

Emergency: 112

Suicide Hotline: +230 800 93 93

Mexico

Emergency: 911

Suicide Hotline: 5255102550

Netherlands

Emergency: 112

Suicide Hotline: 900 0113

New Zealand

Emergency: 111

Suicide Hotline: 1737

Niger

Emergency: 112

Nigeria

Emergency: 112

Suicide Hotline: 234 8092106493

Norway

Emergency: 112

Suicide Hotline: +4781533300

Pakistan

Emergency: 115

Philippines

Emergency: 911

Suicide Hotline: 028969191

Poland

Emergency: 112

Suicide Hotline: 5270000

Portugal

Emergency: 112

Suicide Hotline: 21 854 07 40

Qatar

Emergency: 999

Romania

Emergency: 112

Suicide Hotline: 0800 801200

Russia

Emergency: 112

Suicide Hotline: 0078202577577

Saint Vincent and the Grenadines

Emergency: 911

Suicide Hotline: 9784 456 1044

INTERNATIONAL SUICIDE HOTLINES

Saudi Arabia

Emergency: 112

Serbia

Emergency: 112

Suicide Hotline: (+381) 21-6623-393

Senegal

Emergency: 17

Singapore

Emergency: 999

Suicide Hotline: 1 800 2214444

Spain

Emergency: 112

Suicide Hotline: 914590050

South Africa

Emergency: 10111

Suicide Hotline: 0514445691

South Korea

Emergency: 112

Suicide Hotline: (02) 7158600

Sri Lanka

Emergency: 112

Suicide Hotline: 011 057 2222662

Sudan

Emergency: 999

Suicide Hotline: (249) 11-555-253

Sweden

Emergency: 112

Suicide Hotline: 46317112400

Switzerland

Emergency: 112

Suicide Hotline: 143

Tanzania

Emergency: 112

Thailand

Emergency: 911

Suicide Hotline: (02) 713- 6793

Tonga

Emergency: 999

Suicide Hotline: 23000

Trinidad and Tobago

Emergency: 911

Suicide Hotline: (868) 645 2800

Tunisia

Emergency: 197

Turkey

Emergency: 112

Uganda

Emergency: 112

Suicide Hotline: 0800 21 21 21

United Arab Emirates

Emergency: 999

Suicide Hotline: 800 46342

United Kingdom

Emergency: 112

Suicide Hotline: 0800 689 5652

United States

Emergency: 911

Suicide Hotline: 988

Zambia

Emergency: 999

Suicide Hotline: +260960264040

Zimbabwe

Emergency: 999

Suicide Hotline: 080 12 333 333

FINAL TIPS

Keep your mind grounded

Do you sometimes feel like your mind is all over the place? Like you have a million different thoughts, you keep thinking of the past or the future, and get stuck on all the things that have gone wrong and might go wrong?

When people are dealing with anxiety or some sort of trauma, they often tend to let their mind go somewhere else instead of staying grounded. It can lead to trouble sleeping.

There are many grounding exercises you can find online. Do a quick search and find one that works best for you! Keep it on hand for those moments where you find your mind wandering too far.

Depression

Dealing with depression while in a new area can be difficult. Plan ahead and have a plan for when you feel a depressive episode. Keep on hand the suicide hotlines and helpline numbers in case you need them. SUU Counseling and Psychological Services has many resources available. Reach out when you need help.



Be kind and patient with yourself while you're coping and healing. Studying abroad is such a rewarding and enriching experience, but it has its challenges. It's okay to ask for help and take time to heal.

We care about your mental health, especially while studying abroad. If you have any questions or concerns, please don't hesitate to reach out. We wish you luck!