

SIENA ABROAD IDENTITY SERIES:

MENTAL HEALTH

Many people suffer from one or more mental health concerns. When you're studying abroad, health concerns can be exacerbated by the stress of being in a new culture and adjusting to a new environment and routine. However, you're not alone. It's important to be honest and upfront with your study abroad program so that they can be ready to help and support you while you are abroad.

questions to consider

- How can I disclose my health information to my advisor and study abroad program?
- Can I set up a distance support plan with my family, friends, and healthcare providers back home?
- Do I have a self-care plan ready for while I am abroad (e.g. journaling, exercise)?
- What kind of medical treatment and/or support will I need while abroad?
- How will my host country and my program accommodate my needs?
- If I currently utilize health or counseling services at home, will I have access to these resources abroad? If not, how could I set these up?
- What medications might I need abroad? Are they accessible in my host country or do I need to bring enough with me?

resources

- [How Not to Let Anxiety Stop You from Traveling](#) (*article*)
- [How to Deal with Depression While Abroad](#) (*article*)
- [Managing Mental Health While Abroad](#) (*article*)
- ["Getting Over Your Fears: A Guide To Studying Abroad With A Chronic Illness"](#) (*blog post*)
- ["How to Study Abroad While Coping with a Chronic Illness"](#) (*blog post*)
- ["How to Make a Semester Abroad Possible When Living With a Chronic Illness"](#) (*blog post*)
- ["Why I Chose to Study Abroad Despite My Mental Illness"](#) (*blog post*)

