



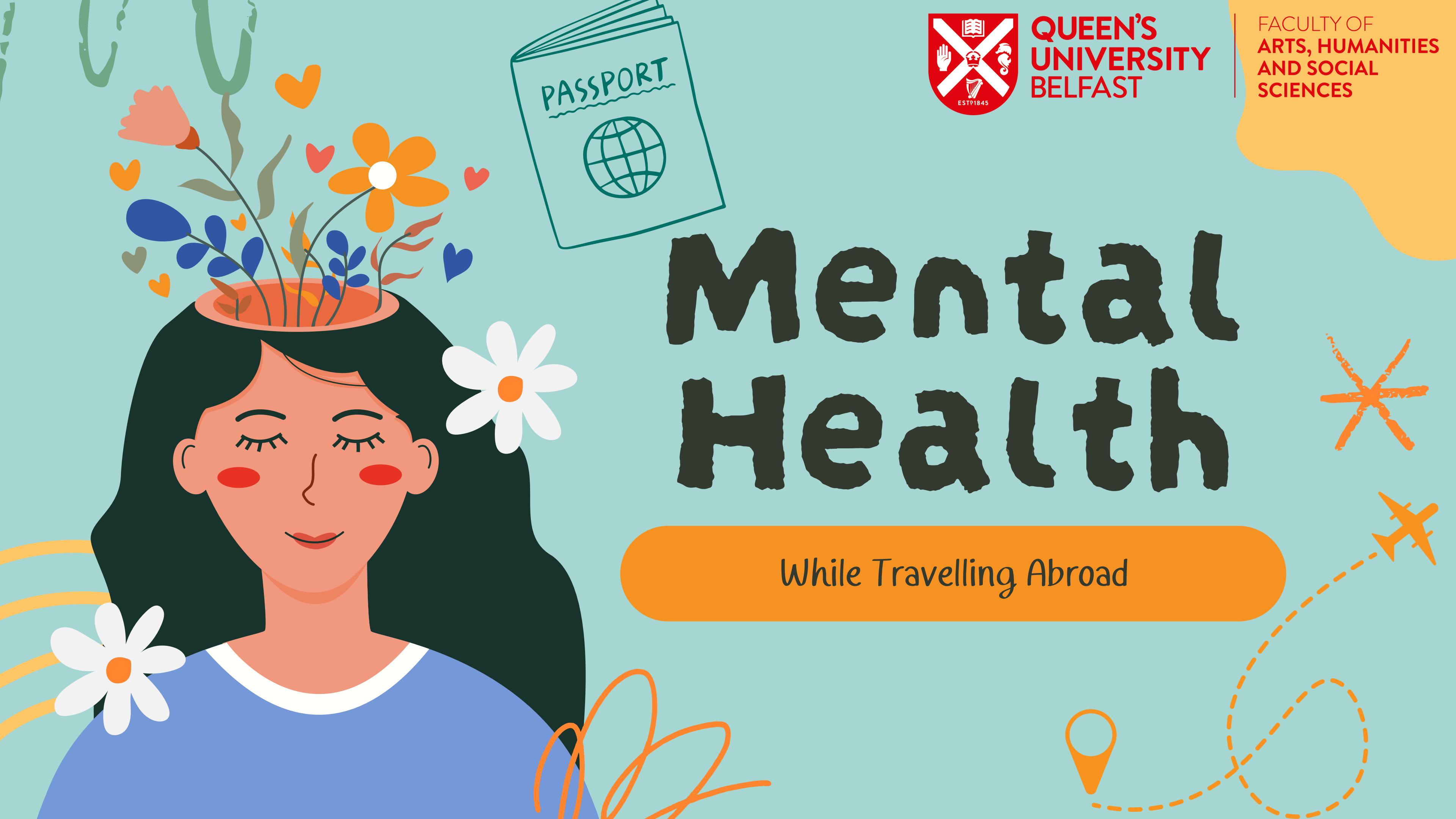
**QUEEN'S
UNIVERSITY
BELFAST**

FACULTY OF
ARTS, HUMANITIES
AND SOCIAL
SCIENCES



Mental Health

While Travelling Abroad



Mental Health Abroad Guidance

This guidance explains some differences in laws and practices in other countries as they relate to mental health.



What is Mental Health?

Refers to emotional, psychological, and social well-being.

It affects how we think, feel, and behave.

Helps us handle stress and make decisions.



Mental Health While Travelling



- Your mental and physical health before and during a trip usually affect how well you cope with travel.
- Your emotional and mental wellbeing is important.
- Keep in regular contact with the people who normally support you, such as, family, friends and colleagues.



Build Strong Social Connections

- Stress levels can be intensified during travel because you may not have familiar support systems. You may also experience disrupted daily routines, language barriers, culture shock and unexpected situations.
- The Travel Health Pro has more information on the factors that affect mental health during travel.



Plan Before You Travel

- The International Association for Medical Assistance to Travelers has a list of resources on travel and mental health.
- You may wish to discuss your travel with your doctor or community mental health team.
- Follow the Foreign, Commonwealth & Development Office (FCDO) travel checklist to prepare for travel abroad.





Travel Insurance

- Read the FCDO advice on foreign travel insurance
- If you need specialist insurance, organisations such as MIND have information on insurance cover and mental health including a list of specialist insurance providers.
- If you are travelling to the EU or Switzerland, check for the latest information on the European Health Insurance Card (EHIC) or Global Health Insurance Card (GHIC), or phone on 0300 330 1350.

Research Healthcare At Your Destination

- Consider what health precautions you may need to take for your trip. Ask your doctor or medical professional for advice.
- FCDO Travel Advice provides information for visitors on local healthcare, and how to contact emergency services. Sign up for email alerts to get the latest updates. You can also follow FCDO Travel on Twitter and Facebook.





Check Your Medication Is Legal Abroad

- Some medication may be illegal in the country you are visiting, or contain ingredients that are illegal there. This may include prescription medication.
- If you're travelling with prescription or over-the-counter medicine, read guidance from NaTHNaC on travelling with medicine.
- For further information on the legal status of a specific medication you'll need to contact the embassy, high commission or consulate of the country or territory you're travelling to.

If You Need Help Abroad

- Read the guidance on medical emergencies and hospitalisation abroad.
- See country-specific mental health guides for British nationals abroad.
- Travel advice has phone numbers for emergency services in most countries. In the European Union call 112.
- You can also contact the nearest British embassy or consulate or phone the Foreign, Commonwealth & Development Office (FCDO) 24/7 on +44 20 7008 5000.
- For Irish Passport holders please contact the nearest Irish Embassy or Consulate.



Key Contacts

- Please note you can still access QUB's resources and support while abroad.
Contact Student Wellbeing for more information.
- Inspire Student Helpline: 0808 800 0016 (24 hours a day, 7 days per week)
- Inspire Self-Help Resources Hub use Pin - QUBHub
- Talk Campus: 24/7 global mental health peer support network
- Student Minds Web Resources

