



THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA

CREATE CHANGE

# Exchange

## Culture Shock & Mental Health



[https://www.youtube.com/watch?v=g-ef-xhC\\_bU&feature=youtu.be](https://www.youtube.com/watch?v=g-ef-xhC_bU&feature=youtu.be)

# Mental Health - Before



Decide if you want to tell the Global Experiences Team. Due to confidentiality, Global Experiences can only know if you tell them.



Plan support and response before travelling. Plan in both locations (e.g. disability adjustments, coping strategies).



Let your Mental Health professionals know about and assist in planning your travel plans (medication, counselling).

# Mental Health - Abroad



Travelling abroad will add an additional stress, this is normal.



This stress can look like (and may occasionally be) mental illness. Speak with a local professional, they will know the most readily available support options.



If you are unsure or having difficulty, let UQ know. We would rather you contact us and it turn out to be a simple matter, than have you worry that your serious concern is too little to worry anyone with.



# Enjoy the Journey!

- Experience the culture while you have the chance
- Laugh at your mistakes
- Make global friends
- Get a new perspective on the world
- Learn new skills for life
- Believe in yourself!

