



OSAC ASC Mental Health Toolkit



History of the OSAC ASC Mental Health Toolkit

Mental Health was identified as a top priority by OSAC ASC (2018).

OSAC ASC Chair commissioned the Mental Health Toolkit

Call for expert authors via OSAC ASC listserv

Joint initiative between the OSAC ASC and the OSAC Front Office
Presented at AB Nov. 2019; published August 2020.

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- How have student mental health trends evolved, and why is this an urgent issue for education abroad?
- What are the unique stressors that students face when studying abroad, and how can they contribute to mental health challenges?
- What role do education abroad administrators and security professionals play in mitigating mental health risks?
- How does this toolkit help institutions create a proactive, structured approach to supporting student mental health?
- How can institutions use this toolkit to align their mental health strategies with broader campus initiatives?

Considering Mental Health in Program Design

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Preparing Students: Orientation & Advising

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Preparing Faculty & Staff to Assist Students with Mental Health Concerns

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Developing a Mental Health Emergency Response Plan

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Thought Questions

How well-equipped do you feel to support students with mental health concerns while they are abroad?



What challenges have you encountered in providing adequate support for student mental health?

If you feel there are gaps in resources, what specific tools, training, or support do you need to better assist students?



What has been effective, and where do you see room for improvement?

Are there specific training topics or approaches you would like to see implemented?



How have these partnerships contributed to student well-being?

- Are there additional stakeholders you would like to engage with?
- What mental health training and support does your institution currently offer for education abroad staff, faculty, and students?



Are there institutional barriers preventing access to these resources?

Which campus partners have you collaborated with to support student mental health in education abroad programs?



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Mental Health Toolkit:

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