

MIND HOW YOU GO

It's #TimeToTalk about mental health & travelling overseas

If you have mental health needs and are heading abroad...

does your
INSURANCE COVER
your mental health condition?
and if you're travelling in Europe
DO YOU HAVE AN EHIC?
(European Health Insurance Card)

if you take
MEDICATION
do you have
ENOUGH
for your trip?

what
MENTAL HEALTH SERVICES
are available in the country
you're travelling to?

is your
MEDICATION LEGAL AND AVAILABLE
in your destination?

who would help you if
YOUR MENTAL HEALTH DETERIORATED ABROAD?
and how would you
contact them?

FOR GUIDANCE ON TRAVELLING ABROAD AND MENTAL HEALTH
VISIT WWW.GOV.UK/FCO/MENTAL-HEALTH-ABROAD

 FCOtravel  @FCOtravel



FCO TRAVEL ADVICE
know before you go
www.gov.uk/knowbeforeyougo