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

**MIND HOW YOU GO**

It’s #TimeToTalk about mental health & travelling overseas

- **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](https://www.gov.uk/FCO/MENTAL-HEALTH-ABROAD)