MIND HOW YOU GO

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

For guidance on travelling abroad and mental health
visit www.gov.uk/fco/mental-health-abroad

Does your insurance cover your mental health condition?

Are you travelling in the EEA or Switzerland before 31 December 2020?

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?

It's #TimeToTalk about mental health & travelling overseas.

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

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