Struggling with Mental Health?

"I'm experiencing Zoom burnout"

"I have sleep deprivation"

"I feel lonely"

"I feel depressed"

"There's a lack of in-person interaction"
HOW CAN WE HELP?

MySSP

Let's Talk

ISPO Chats

Cultural Orgs

Student Orgs and Events

Recreation

iEvents & Virtual Student Union

Headspace
MySSP Student Support Program

- Provides students living internationally with immediate or ongoing confidential support.
- Offers 24-hour support for academics, well-being, or general life concerns 7 days a week at no cost.
- Real-time chat, phone, or video with no appointment or short-term scheduled support.
- Available in Mandarin, Cantonese, Spanish, French, and English. Requests may be sent for other languages.
- Virtual fitness sessions, well-being assessments, articles, podcasts, and other content is available through the app.

Let’s Talk

- Drop-in consultation services for undergraduate and graduate international students.
- 30 min meetings can be scheduled anonymously with Dr. Rina Schul (a maximum of twice per quarter).
ISPO Chats

- Monthly office hours with ISPO Leadership.
- Provides an informal environment for you to share your experiences as international students at UC San Diego and learn more about resources and opportunities available.
- An opportunity to voice any concerns you have about policy updates and current events.

Headspace

- Headspace is a mindfulness application for everyday life.
- It provides guided meditations as well as sleep, morning, and movement routines to ensure both physical and mental well-being.
- Its premium version is available for free for UC San Diego students.
Finding community is important when faced with a completely new environment and culture.
Joining one of UCSD’s cultural organizations can help you find this community and feel more at home.

Cultural Organizations

Student Orgs and Events

- The multitude of student organizations on campus and the events organized by them are a great way to make friends and combat loneliness.
- There are more than 500 registered student organizations on campus so you will surely find at least one that interests you!
- Starting with a like minded-group is the easiest way to make new friends in unfamiliar environments.
Taking care of your physical health is equally important and can help with your mental health.
UC San Diego Recreation has a large number of fitness classes that have both in-person and virtual options.

- iEvents Calendar has a large array of events and programs that are geared towards international students.
- It's a great way to meet fellow international students and feel more connected.

- Virtual Students Union is a great resource for different events happening on campus.
What can you do for yourself and others?
ACKNOWLEDGE THE DIFFICULTIES/CHALLENGES YOU FACE

- This is the first step to overcoming them.
- Understand that the challenges you face are real and significant to you, no matter how trivial they may seem.

BE MINDFUL OF YOUR MENTAL HEALTH

- Practice regular mental health care such as meditation (Headspace App).
- Set aside some time for yourself every day, no matter how busy you are.

REALIZE THAT EVERYONE IS IN THE SAME BOAT

- Remember to check in with your family and friends.
- Offer words of encouragement to those who may be struggling.
- A simple act of kindness can go a long way to brighten someone's day!
LINKS TO RESOURCES

My SSP: https://caps.ucsd.edu/services/international.html#MySSP
Let's Talk: https://ispo.ucsd.edu/programs-workshops/programs-events/lets-talk.html#Program-Information
ISPO Chats: https://ispo.ucsd.edu/programs-workshops/programs-events/ispo-chats.html#Program-Information-
Cultural Organizations: https://studentorg.ucsd.edu/Home/Index/9
Student Orgs and Events: https://studentorg.ucsd.edu/
Recreation: https://recreation.ucsd.edu/
iEvents Calendar: https://ispo.ucsd.edu/programs-workshops/programs-events/events-calendar.html
Virtual Student Union: https://www.virtualstudentunion.ucsd.edu/
Self-Care Tips: https://caps.ucsd.edu/programs/may.html#Helpful-Handouts-&-Flyers
Mental Health was a top concern highlighted by many international students who participated in the International Student Experience Survey. In response to this important issue, the International Student Advisory Council (ISAC) put together this information to highlight mental health resources and support in place for our international student population. Thank you to all who have participated in the survey. As you can see, your feedback is very valuable to us!

Special thank you to Yash Puneet and Serena Zheng for putting together the information for these infographics.