## **Mental Health Abroad**

## **KNOW YOUR TAMU RESOURCES**

Campus Mental Health resources remain available to TAMU students while abroad. Make sure to download the <u>TELUS</u> Health Student Support app before heading abroad to have access to free counseling 24/7 via the app, phone call, or <u>web</u>.

## **EDUCATION ABROAD SUPPORT**

If a TAMU student encounters any issues while participating in a program, they should contact their on-site program coordinator or support staff so they can be resolved quickly. Students are also welcome to reach out to the Education Abroad Office for assistance. Their office can be contacted at (979) 845-0544 during regular business hours (Central Standard Time) and 24/7 for emergencies at (979) 255-6103. You may also email <a href="mailto:abroademergency@tamu.edu">abroademergency@tamu.edu</a>. Please CC <a href="mailto:artsci-studyabroad@tamu.edu">artsci-studyabroad@tamu.edu</a> on any emails sent to the <a href="mailto:abroademergency@tamu.edu">abroademergency@tamu.edu</a> email so we can be aware of any situation and offer assistance.