Tips for maintaining good mental health

- Keep in touch with people back home. Communicate regularly with one person: this allows for a built-in reflection opportunity and will help you make sense of and find meaning in your experience.
- Bring something of yourself to the new place/space (decorate your room, maintain a habit that is important to you like regular prayer or exercise, etc.).
- Treat this experience as an experiment. Maintain perspective and view things with possibility, rather than having a lot of expectations.
- Set a goal for yourself to try something new at least once a week. Cultivate an adventurous spirit.
- Have something you like to do on your own (bring a kindle, plan to hike, explore museums, go to shows, etc.).

When are you sad and/or adjusting and when is it depression?

- When your mental state affects your ability to concentrate, sleep or when you reflect back and realize you’ve felt bad more than you’ve felt good, it’s a sign that it’s more than homesickness.
- When your feelings are interfering with daily life.

Resources

- Visit halfofus.com for stories and tips
- Consider where you are in the cycle of adjustment
- Connecting with other interns

What do you do if you’re depressed?
Seek out support. If you need to talk to a professional you can:

1. To get a confidential referral, Call ISOS to get a referral to a counselor in-country who you can talk to Support available. Dedicated Line (+1 215.942.8478) 24/7, every day of the year.
2. Contact Dick’s house who can get you in touch with counseling for a phone appointment.