

**"I'm experiencing  
Zoom burnout"**

**"I have sleep  
deprivation"**

***Struggling  
with Mental  
Health?***

**"I feel lonely"**

**"I feel depressed"**

**"There's a lack of  
in-person interaction"**



**UC San Diego**  
**International Students  
& Programs Office**



**MySSP**

**Cultural  
Orgs**

**Let's  
Talk**

**HOW CAN  
WE HELP?**

**Student  
Orgs and  
Events**

**ISPO  
Chats**

**Recre-  
ation**

**Head-  
space**

**iEvents &  
Virtual  
Student  
Union**



## Student Support Program

### MySSP

- 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**.

- **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**).

LET'S

TALK

Let's Talk



## 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 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**



## Headspace

- 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.



iEvents



**STAYING CONNECTED**  
EVEN THOUGH WE'RE APART

- Virtual Students Union is a great resource for different **events happening on campus**.

**Acknowledge**

**Mindfulness**

**Encourage**

**Support**



**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->

**Headspace:** [https://caps.ucsd.edu/\\_files/flyers/flyer\\_headspace\\_enroll\\_2021.pdf](https://caps.ucsd.edu/_files/flyers/flyer_headspace_enroll_2021.pdf)

**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.*



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