

Let's Talk about Travel

A Traveller's Mental Health Guide

This aid is intended to highlight some of the stressors you may encounter during travel and help you plan accordingly.

1. Download and save this aid on your device before using it to keep track of your score.
2. You can opt to keep your answers and score confidential or share this information with your medical practitioner.

Your answers are not stored in any database and are not available to any one unless you disclose them.

First things first

1. What is the purpose of my trip?
2. How long will I be away from home?
3. How often have I done this type of travel before?
4. Do I have travel insurance that covers me for mental health?
 - 4a. If yes to question 4:
Does my travel insurance cover me for an unexpected mental health emergency?
 - 4b. If yes to question 4:
Does my travel insurance cover me for a pre-existing mental health condition?
For example: depression, anxiety, bipolar disorder
5. Does my travel insurance cover me for repatriation (return home) in case of a mental health emergency?

Section score and recommendation:

6-9 | Good

10-14 | Monitor

15-18 | Review

Let's start with me

1. Am I looking forward to this trip?
2. In the past one (1) year, have I experienced any traumatic events?
For example: divorce, loss/bereavement, financial uncertainty, job loss
3. In the past six (6) months:
 - a. Have I been able to manage my emotions when placed under pressure?
 - b. Have I been able to deal with unfamiliar situations?
 - c. Have I been able to overcome difficulties in important aspects of my life?

Section score and recommendation:

5-7 | Good

8-12 | Monitor

13-15 | Review

Physical considerations

1. How much time will it take to travel between my place of residence until I reach my destination (door to door)?
2. What is the time zone difference in number of hours between my place of residence and my final travel destination?
3. Do I require the use of a mobility aid or oxygen equipment during my trip?
For example: walker, crutches, wheelchair, oxygen cylinder
4. Once at my travel destination, how many side trips to other geographic locations will I be doing?

Section score and recommendation:

4-6 | Good

7-9 | Monitor

10-12 | Review

Environmental considerations

1. Is the physical environment at my travel destination similar to where I currently live?

For example: temperature, climate, terrain, altitude (more than 2500m/8200ft)

2. Is the food at my travel destination similar to where I currently live or what I am used to?

3. Is the accommodation at my travel destination similar where I currently live?

4. Am I aware of the health risks at my travel destination?

For example: COVID-19, yellow fever, malaria, road injuries

Section score and recommendation:

4-6 | Good

7-9 | Monitor

10-12 | Review

Personal considerations

1. Have I developed or been diagnosed with a mental health condition in the past one (1) year?

2. Am I currently receiving treatment for a diagnosed mental health condition?

For example: taking medication or getting mental health support / therapy

a. If yes to question 2:

Is my prescribed medication or treatment available at my destination?

For example: anti-depressive medication, psychiatrist, counsellor

3. Am I aware of the health and legal risks involved with substance use at my destination?

4. In case of an emergency at my destination, do I have access to emotional and/or logistical support?

For example: contact with family, friends, local resource person

Section score and recommendation:

4-7 | Good

8-11 | Monitor

12-15 | Review

Destination considerations

1. Will I be able to understand and communicate in the languages used at my travel destination?

2. Are the cultures and social values of the people at my travel destination similar to where I currently live?

For example: attitudes toward gender equality, sexual orientation, freedom of expression

3. Am I aware of the personal safety risks at my travel destination?

For example: extreme sports, civil unrest, kidnapping, humanitarian crisis

4. Am I travelling alone during the trip?

a. If sometimes or yes to question 4:

How much experience do I have being away from family, friends or loved ones?

Section score and recommendation:

4-7 | Good

8-11 | Monitor

12-15 | Review

TOTAL SCORE:

27-45 | You have considered the travel stressors. Remain vigilant.

46-69 | Reconsider the travel stressors that may impact your trip.

70-86 | Rethink your trip. Seek advice from a mental health practitioner.