



## Building Resilience in Study Abroad

The workshop, lead by Phil Georgiou, Psychotherapist and Director of Mondo Equilibrio focused on the concept of mental health, in the context of study abroad.

It is crucial to support students' coping with all the challenges they face during their study abroad, talking with them about helth and well-being. It is important to help student to use their personal resources and building their resilience to manage their stress responses and potential mental health issues. The workshop was a good occasion to share the experiences regarding the management of students'difficulties with staff and directors from different study abroad providers in Rome, and understand what is still needed in terms of prevention and support to students.