



2019-2020 Webinar Series

When: May 19, 2020 12:00 PM Eastern Time (US and Canada)

Topic: International Student Mental Health Before and During COVID-19

Presenter: Justin Chen, M.D., M.P.H., Massachusetts General Hospital, Harvard Medical School

International students make up a large and growing portion of the student body of many universities and high schools in the United States. By far the largest group of students comes from China. These students bring their unique experiences and cultural backgrounds to campus, but also face significant challenges in navigating a different language, culture, and social support network. Limited data regarding the mental health experiences of international students suggests that this group faces a high burden of psychological distress. At the same time, international students often hold stigmatizing beliefs about mental health problems and their treatment and may understand emotional problems differently than their U.S.-born classmates, educators, and counselors. All of these challenges are now exacerbated in the era of COVID-19, in which international students represent a uniquely vulnerable group. This webinar will be presented by Dr. Justin Chen, Medical Director of Ambulatory Psychiatry Services at Massachusetts General Hospital in Boston and Executive Director and Co-Founder of the nonprofit volunteer operated MGH Center for Cross-Cultural Student Emotional Wellness. Dr. Chen will provide participants with an introduction to the unique mental health challenges of international students, with a focus on those from China, and describe some of the new challenges they face during the COVID-19 pandemic. He will also share some practical strategies that educators can use to break down cultural barriers and help promote international students' mental health and resilience, even during these unprecedented times.

Webinar Objectives:

- Recognize factors that negatively affect international student mental health.
- Describe additional challenges faced by international students during COVID-19.
- Apply concrete strategies that can help support international student mental health.

Register in advance for this webinar:

https://neomed.zoom.us/webinar/register/WN_aA4ILh9dR5OqOsU4YRZPHw

After registering, you will receive a confirmation email containing information about joining the webinar.

- **Application for CE credits is pending.**
- **This webinar will be recorded, and an archive will be sent out to all registrants and uploaded for public access.**