

*Dear LSU Overseas travel constituents,*

*Greetings from LSU. The Global Travel, Safety, and Security (GTSS) unit at LSU has been monitoring the unfolding events in the Middle East region closely and want you to know we have your safety as our highest priority. While the university does not have students or staff in the directly impacted regions, events such as these have the potential to influence conditions in other parts of the world.*

*Recent guidance from the United States (U.S.) Department of State recommends U.S. citizens, and those affiliated with American institutions, traveling overseas to exercise increased caution. In your role as an LSU constituent abroad this simply means to exercise care in how you present yourself, stay aware of your environment, and avoid situations, statements, and personal appearance that draws undue attention to your citizenship and affiliation.*

*The full worldwide caution for U.S. citizens is here: [U.S. State Dept Worldwide Caution 28 Feb](#). The link includes instructions for U.S. citizens to register in the [Smart Traveler Enrollment Program \(STEP\)](#), the Department of State's means to contact you on your phone overseas in an emergency. If you have not enrolled, the GTSS urges you to do so now for your awareness of issues that could impact your safety. There is also a Department of State WhatsApp channel in the link for emergency information that you are encouraged to join.*

*If you have any concerns about your health, safety, and security you should contact your site staff, provider, or On Call International at **+1 603 328 6396**. This number is staffed 24/7/365 and we will assist you with your situation. Please also download the [Crisis24 Horizon's Assistance App](#) and register with your LSU Single-Sign On primary ID.*

*Additionally, stressful situations can lead to anxiety and worry, which are often experienced more acutely while overseas. If you are experiencing non-emergency anxiety issues, we recommend the following resources:*

- [LSU C.A.R.E. Team](#): This team supports students with various personal or academic concerns. You can submit a report for yourself or a peer at [LSU Cares](#).
- [Mental Health Services](#): Offers psychological support and crisis intervention to help manage stress and emotional well-being. For appointments or 24/7 support, visit [Mental Health Service](#).

*LSU remains committed to supporting you, whether you have general inquiries or need help during an emergency associated with your travel overseas. Please continue to take good care of yourself and stay safe as you engaged in your experiences abroad.*

*Sincerely,*

*Ray Lyngdoh*

*Director Global Travel, Safety, & Security.*

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