



MONASH University

# University Counselling Service



Counselling &  
Mental Health Programs

Campus Community Division

# ASKING FOR HELP

- ◆ University life can be stressful and challenging.
- ◆ It is NOT a sign of weakness to ask for help when it is needed – rather - it is appropriate behaviour.
- ◆ Even if an issue is not directly study-related, we know that **what affects you personally, affects you academically.**
- ◆ Try not to let guilt or shame prevent you from talking to a counsellor or academic advisor.
- ◆ DO NOT let things get too bad before you talk to someone about what you are thinking and feeling.

# COUNSELLING @ ALFRED



## Mio Ihashi (Psychologist)

Days: Wednesdays 9am – 4pm

Location: Level 5, Alfred Centre

Counselling appointment by email: [mio.ihashi@monash.edu](mailto:mio.ihashi@monash.edu)

Mio is also available for secondary consultation (concerns about others), events/functions at Alfred precinct to promote the service as well as delivering mental health literacy programs.

24 hour Telephone Counselling Service is also available for all Monash students and staff:  
1300 788 336 (students) or 1300 360 364 (staff)

STEPPING UP FOR OUR  
LGBTIQ COMMUNITY

[monash.edu/ally](http://monash.edu/ally)

Mio is an **LGBTIQ** Ally



# GROUP PROGRAMS

## available at Clayton/Caulfield campuses

- ◆ Study Skills Program (Staying Motivated, Exambusters)
- ◆ Training in Mental Health First Aid (with certificate) or Mental Health Awareness (3 hour session, with certificate)
- ◆ SafeTALK (Suicide awareness and first response training)
- ◆ Mindfulness-based programs:
  - ◆ **Mindfulness for Academic Success**
  - ◆ **Lunch time drop-in Mindfulness meditation**

<http://www.monash.edu/health/mindfulness>