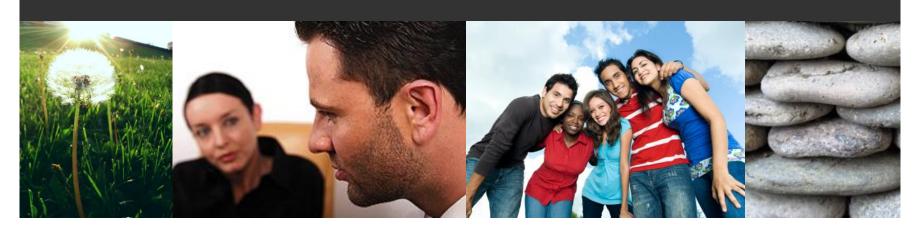


University Counselling Service



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 & Mental Health Programs Campus Community Division



COUNSELLING @ ALFRED



Mio Ihashi (Psychologist)

Days: Wednesdays 9am – 4pm Location: Level 5, Alfred Centre

Counselling appointment by email: 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

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

