We encourage you to please make sure you use the following services that are available to you, at no cost.

**COUNSELLING SERVICES**
Monash counsellors are offering telehealth (video or phone) consultations. To make a booking, call (03) 9905 3020. You can also get 24/7 phone counselling help [after-hours](#).

**MEDICAL SERVICES**
You can access medical help via a call to the University Health Services Triage Nurse, book tele-health appointments, and if needed your Doctor will arrange a face-to-face appointment. For details on the range of ways you can access a Doctor please see this [webpage](#).

**DISABILITY SERVICES**
If you have a disability, medical or mental health condition that might affect your studies, the staff at Disability Support Services can assist you. For more details on their services please visit their [website](#).

**ENGLISH CONNECT**
If you would like more help with your English Language skills, English Connect offer a range of on-line programs as listed on their [website](#).

**CAREER CONNECT**
Most of the programs and services offered by Career Connect are available on-line, for details please visit their [webpage](#).

**SOCIAL PROGRAMS**
The Student Engagement and Campus Experience team have developed a range of social networking platforms that you may wish to join, see their [website](#) for details.

**MONASH SPORT**
Monash Sport are providing a variety of on-line workouts, health and wellbeing tips, live videos, demonstrations and motivations to support active lifestyles. For details, please visit their [website](#).

**RESPECTFUL COMMUNITIES**
There are a range of workshops and training available to help students maintain a safe and healthy lifestyle, and make a better community for all. Details of the programs can be found on their [website](#).

**SAFER COMMUNITY UNIT**
The Safer Community Unit provides advice and support as well as key information to help you in difficult or risky situations. To contact a member of the Safer Community Unit please call 9905 1599 or email [safercommunity@monash.edu](mailto:safercommunity@monash.edu). You can find out more about their services by visiting their [website](#).