Mental health is a state of psychological and emotional wellbeing. A person’s mental health can affect how they feel, behave and act. It may be related to coping with study or university life such as stress, anxiety, depression, loneliness, drug and alcohol abuse and addictions, negative feelings or suicidal thoughts, relationship or family issues.

Mental health issues and disorders can include:
- anxiety disorders
- behavioural and emotional disorders
- bipolar affective disorder
- depression
- dissociation and dissociative disorders
- eating disorders
- obsessive compulsive disorder
- paranoia
- post-traumatic stress disorder
- psychosis
- schizophrenia

Suicidality means thoughts, plans or attempts to take a person’s own life. Self-harm is where a person injures themselves but it is not intended to be life-threatening. It can also be known as non-suicidal self injury which is a form of intentional physical self-damage such as cutting, burning or stabbing.

Sometimes we face challenges that are difficult to deal with alone. Seeking support can help us get through it.

What can I do?
Ensure safety
If you believe there is an immediate risk to yourself or another person, call:
- 9905 3333 for Security on campus
- 000 for an emergency off campus

Seek support
Monash Counselling provides free on campus counselling appointments for students and staff. Counselling is also available 24/7 after-hours.

How do I help someone else?
If you believe someone is an immediate risk to themselves or others, you should call for help as soon as possible.

If you have mental health concerns for someone and there is no immediate risk of harm, you can book an appointment with the support services over the page.

Support from friends, family and health professionals play a significant role in the recovery process of someone experiencing a mental health issue. Part of caring is to practice self care. Taking time for yourself will stop you from getting rundown and give you time to deal with the thoughts, emotions and stress associated with caring for someone.

For more information:
- visit monash.edu/safety
- download the Monash bSafe app from the Apple or Google Play stores
ON CAMPUS

Respond
Security Services
For emergency assistance on campus, or to request a security escort.

☎ 03 9905 3333 (emergency)
☎ 03 9902 7777 (non-urgent)

Support
Monash Counselling
Health and counselling services, programs and resources to keep you healthy in mind and body.
☎ 03 9905 3020
1300 788 336 (student 24/7 counselling)
1300 360 364 (staff 24/7 counselling)
✉ safercommunity@monash.edu
monash.edu/safety

Safer Community Unit
Your key point of enquiry, support and response to concerning, threatening or inappropriate behaviour.
☎ 03 9905 1599
✉ safercommunity@monash.edu
monash.edu/safety

OFF CAMPUS

Respond
Police
For an emergency response:
☎ 000

Support
Lifeline
24/7 crisis support and suicide prevention service.
☎ 13 11 14

Beyond Blue
Information and support for mental health.
☎ 1300 224 636

Mental Health Carers
Supporting mental health carers needs.
☎ 1300 554 660

Suicide Call Back Service
24/7 telephone and online counselling.
☎ 1300 659 467

Headspace
Support with mental and physical health.
☎ 1800 650 890

Victoria's Mental Health Services – Psychiatric Triage
24/7 information, assessment and referral.
☎ 1300 363 746 (Caulfield area)
☎ 1300 369 012 (Clayton area)