



MONASH
University

UNIVERSITY
HEALTH
SERVICE

MENTAL HEALTH AND WELLBEING SUPPORT FOR STAFF

Counselling,
psychological
services and
programs available
to all students

monash.edu/health

COUNSELLING

On-campus (free)

Just call 9905 3020 or pop in to your campus counselling service to organise an appointment. Appointments are often available on the day.

SERVICES OFFERED BY OUR EMPLOYEE ASSISTANCE PROGRAM (EAP)

Call 1300 360 364

Off-campus appointments (free)

Up to six, free sessions with an external, independent provider.

24 hour counselling

For telephone counselling (within Australia)

Manager Assist Hotline

Available to managers and supervisors to help lead, manage and support their team. This advisory service provides a confidential and supportive opportunity to identify and resolve people management issues before they escalate.

UNDERSTANDING MENTAL HEALTH

Introductory three hour seminar that will teach you to recognise the warning signs for mental illness, how to respond and where to get help.

SAFETALK TRAINING

Half day workshop to increase suicide awareness and help you become active in preventing suicide.

MINDFULNESS AT MONASH

Mindfulness is a mental discipline that involves training attention. It teaches us how to use the mind in a different way and to focus on the things that are most useful and helpful in our lives.

The following workshops are available:

- ESSENCE of Health - 60 minutes for six weeks
- Mindfulness for Wellbeing and Peak Performance – online for six weeks
- Mindful Learning – blended six week program
- Mindfulness for stress reduction - 60 minutes for six weeks
- Mindfulness train the trainer - 90 minutes for four weeks (prerequisites apply)
- Mindfulness for staff (in non-supervisory roles) - half day
- Mindfulness for supervisors - full day
- Drop in meditation - 30 minutes during lunchtime

For full program details and to register visit:

monash.edu/health/mental-health-wellbeing/programs

MENTAL HEALTH FIRST AID (MHFA) TRAINING

A two-day workshop to equip you with skills to help someone who has a mental health problem or is in a mental health crisis, until professional help is available.