



**MONASH**  
University

UNIVERSITY  
HEALTH  
SERVICE

## MENTAL HEALTH AND WELLBEING SUPPORT FOR STUDENTS

Counselling,  
psychological  
services and  
programs available  
to all students

[monash.edu/health](http://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.

### Phone counselling service

Call 1300 788 336 (or 1300 STUDENT) for telephone counselling 24 hours.

### Counselling help online

Information and support provided by Monash University counsellors via email. Simply complete a confidential online request form available on our web page. Not suitable for those seeking real time counselling or immediate crisis support.

Head to [monash.edu/health/counselling/counselling-help-online](https://monash.edu/health/counselling/counselling-help-online) to link to counselling help online.

## SAFETALK TRAINING

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

## STUDY SKILLS

A suite of free online modules designed to improve your academic performance, employability and leadership skills. Each module takes one to two hours to complete. Stress Reduction and Exambusters face to face seminars are also available.

## 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:

- Mindfulness for academic success – 60 minute sessions for five weeks
- Mindfulness for stress reduction – 60 minute sessions for five weeks
- Mindful Relationships – 60 minute sessions for six weeks
- Mindfulness for Wellbeing and Peak Performance – online for six weeks
- Drop in meditation – 30 minutes during lunchtime

**For full program details and to register visit:**

**[monash.edu/health/mental-health-wellbeing/programs](https://monash.edu/health/mental-health-wellbeing/programs)**

## CHANGING MINDS

A highly interactive, online resource designed for students to increase their understanding of common mental health issues and how to support someone going through a difficult time. Head to our website to find out more information.

## MENTAL HEALTH FIRST AID (MHFA) TRAINING

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.