



MONASH University

Counselling and Mental Health Programs

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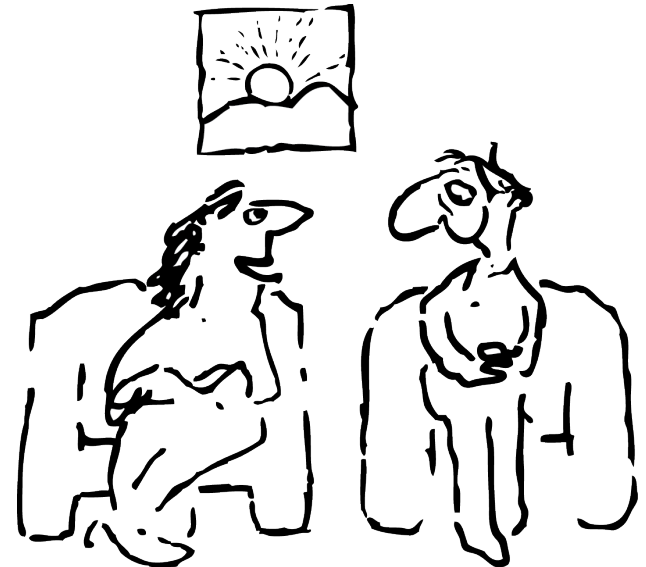


Counselling Service

- Access to free and confidential consultations with registered psychologists and social workers (male and female) on campus
- Strategies for positive thinking and stress management, including relaxation and meditation
- A variety of programs that can help with study skills, relaxation, and managing emotions

What is counselling?

- Opportunities to explore your thoughts and feelings with a counsellor
- Assist you to change unhelpful behaviours
- Help you get the most out of your time at Uni
- Confidential and free service





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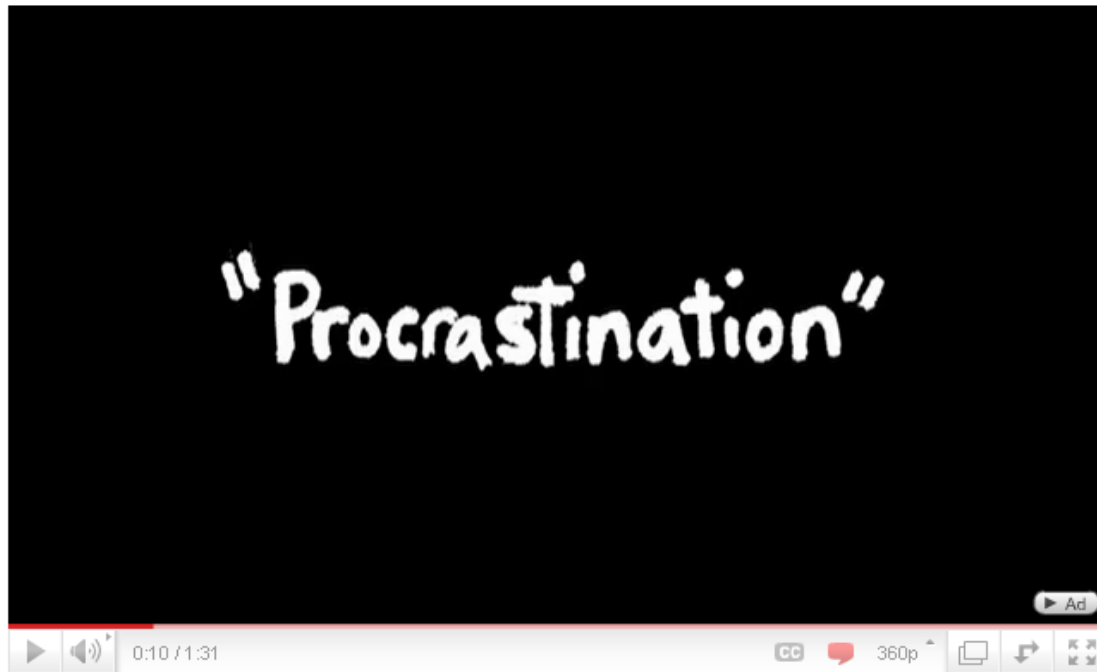
Procrastination (Tales of Mere Existence)

FUTURE SHORTS



392 videos

Subscribe



<http://www.youtube.com/watch?v=ItMFWpKofSg>

What counselling isn't...

- A place where counsellors 'do' things to you or 'fix' things for you
 - Happy to be available and work with you, but the journey and effort is yours
- A letter writing service
 - The counselling service is able to write letters of support in some instances for ongoing clients
 - Cannot provide retrospective letters of support
 - Important for you to come see us for assistance before it's too late!

Programs

- Mindfulness for Academic Success – Stress reduction and attention training
- LILO – Leap in to Leadership Online
- Stress Management and Exam Busters Lectures
- Mindfulness Stress Reduction – Learn how to reduce stress and improve resilience
- Free Lunchtime Mindfulness Meditation sessions
- Individual counselling sessions



How to make a counselling appointment

- To see a counsellor, you need to make a 'drop-in' appointment

Call 9903 1177

OR

Attend the University Health Service – Building B

See a regular counsellor after initial appointment (50 min sessions)

- After Hours phone counselling service also available on 1300 788 336

Counselling help online

- Lets you make contact with a University counsellor by email in your own time
- Get a response within 3 working days
- Why online counselling?
 - Allows you to send and read messages in your own time
 - May feel more comfortable talking about yourself online
 - Can receive advice without missing study
 - Can do it at your own pace

SECASA

- Specialist workers are available at the Clayton and Caulfield campuses- let reception know when you want to book an appointment

Safer Community Unit

Non emergency advice regarding concerning, threatening, inappropriate behaviour

Ask for help early if you:

- feel threatened or unsafe
- have concerns about someone else's behaviour or wellbeing
- don't know what to do about unwanted attention, harassment, stalking
- are worried about someone harming themselves or someone else

Contact: 9905 1599 or safercommunity@monash.edu

Counselling and the APC process

- An opportunity to explore and understand what happened in your life and studies that has resulted in you appearing before the APC
- An opportunity to find a way to communicate this understanding to the APC
- An opportunity to plan, with support, how you might do things differently in the future

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Counselling & Mental Health Programs

Contacts

- [24 hour emergency contacts](#)
- [Crisis contacts](#)
- [Counselling appointments](#)
- [Contacts for concerning behaviour \(pdf 132KB\)](#)

Safer Community Unit

Contact the [Safer Community Unit](#) for specialist advice and support when you feel unsafe, or have concerns about someone's behaviour or wellbeing

Counselling

- [How counselling can help](#)
- [Help for a friend](#)
- [Counselling appointments](#)
- [Counselling help online](#)

Student support

- [Academic progression concerns](#)
- [SMART - Motivation, stress and time management](#)
- [Mood surfing](#)
- [Mindfulness programs](#)
- [Mindfulness for Academic Success](#)
- [Brain Management](#)
- [Drop-in mindfulness meditation](#)

Staff support

- [Employee Assistance Program](#)
- [Manager Assist Hotline](#)
- [Mindfulness programs](#)

Mental health first aid

- [Mental health first aid training](#)
- [List of Mental health first aid ambassadors](#)
- [Role of mental health first aid ambassadors](#)
- [Mental health first aid resources](#)
- [Mental health referral pathways](#)

Mindfulness

- [Mindful Learning Forum - 19 November](#)
- [Mindfulness programs](#)
- [Meditation classes](#)
- [Mindfulness resources](#)

Mental health resources

- [Online mental health resources](#)
- [Mental health organisations](#)
- [Help for anxiety](#)
- [Help for depression](#)
- [Improving coping skills](#)

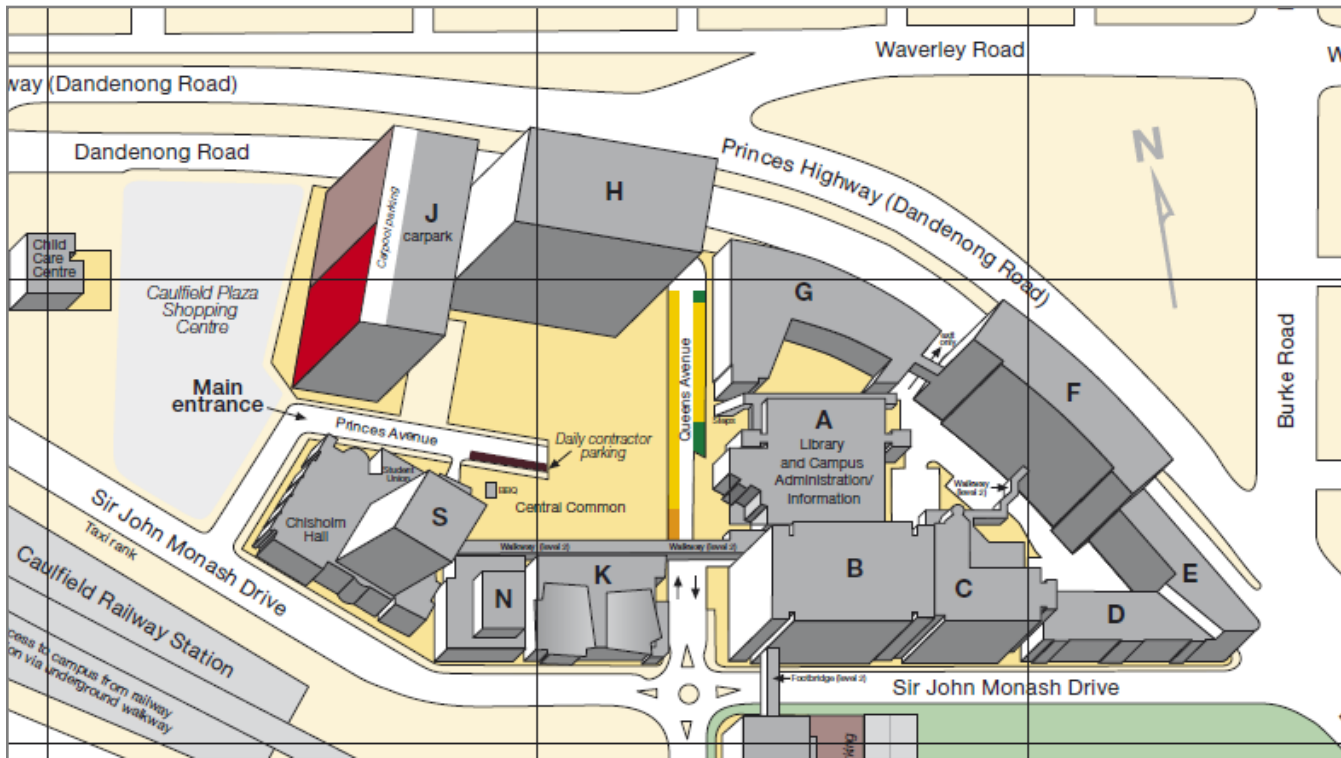
Training to help others

- [Mental health awareness](#)
- [Mental health first aid training](#)
- [SafeTALK: Suicide awareness and first response training](#)

Mental Health Campaigns

- [Brain Awareness Day](#) (26 Mar)
- [R U OK?Day](#) (11 Sep)
- [Mental Health Week](#) (6-10 Oct)

Contact us



✓ In person

**Health
Service
Building B,
Level 1**

✓ On the phone

9903 1177



✓ Or email us at counselling-caulfield@monash.edu

smilingmind.com.au

WHAT IS SMILING MIND?



**SMILING
MIND
IS MODERN
MEDITATION.**



the desk

PROMOTING STUDENT SUCCESS AND WELLBEING



TOOLS

- Solve a problem
- Where does my time go?
- Getting it done

MODULES

- Beating procrastination
- Managing anxiety & worries
- Staying Calm

QUIZ

- Take a quiz and get immediate feedback

the desk www.thedesk.org.au

