GSA Resource

Free mental health resources for students

According to a study by Headspace and the National Union of Students (http://go.unimelb.edu.au/xz56), 83% of tertiary students in Australia are stressed. On top of that, 79% feel anxious and 56% report having trouble sleeping.

As a student, getting help when you're struggling can be especially challenging, particularly as counselling and psychological services can often prove expensive and time-consuming.

Below are some free resources, both on and off campus, for graduate students struggling with mental health and wellbeing.

If you're struggling with your studies...

- Join a grad group and meet people who share your experiences: http://go.unimelb.edu.au/rz56.
- Head to Stop 1 if you need any more advice: http://go.unimelb.edu.au/n32a.

If you want to talk to a Counsellor or Psychologist...

- Speak to your GP about a Mental Health Care Plan (if you have a Medicare card): http://go.unimelb.edu.au/r2j6.
- Book in for an individual counselling session with the uni's Counselling Service: http://go.unimelb.edu.au/r9m6.
- If you need to talk to someone immediately, call Beyond Blue (1300 22 4636) or Lifeline (13 11 14).
- Ask the Counselling Service a question online, and get a detailed, informative response (or search the questions that are already there): http://go.unimelb.edu.au/jz56.
- Join a free workshop on campus and get help with the issues that matter most to you: http://go.unimelb.edu.au/apt6.
- Try online counselling with 1800 RESPECT: http://go.unimelb.edu.au/iz56.

If you're looking for online mental health support...

- Try the K10 test to check your symptoms and learn about next steps: http://go.unimelb.edu.au/8z56.
- Join the Beyond Blue forums and learn from others who share your experiences: http://go.unimelb.edu.au/2z56.
- Take the online modules from thedesk, a program aiming to support Australian tertiary students with their mental health and wellbeing: http://go.unimelb.edu.au/hz56.
- Learn cognitive behavioural therapy (CBT) skills to better cope with anxiety and depression by using Mood Gym: http://go.unimelb.edu.au/fz56.

- Get a personalised self-help program for depression or anxiety by using My Compass: http://go.unimelb.edu.au/mz56.

If you're looking for wellbeing support...

- Try mindfulness meditation online for free by using the Smiling Mind app (http://go.unimelb.edu.au/tz56) or the free trial versions of other apps like Headspace (http://go.unimelb.edu.au/dz56) and Calm (http://go.unimelb.edu.au/vz56), to help reduce stress and improve sleep.
- Head to the Counselling Service's Mindful Meditation sessions on Wednesday lunchtimes: http://go.unimelb.edu.au/5z56.
- Listen to the Counselling Service's audio advice, including meditations, breath training and self-esteem support: http://go.unimelb.edu.au/uz56.
- Check your drinking to make sure that your alcohol consumption is healthy: http://go.unimelb.edu.au/oz56.
- Keep your internet distractions under control with apps like Self Control for Mac (http://go.unimelb.edu.au/yz56) or Cold Turkey for PC (http://go.unimelb.edu.au/bz56).
- Join UMSU's free yoga classes every Tuesday: http://go.unimelb.edu.au/wz56.

If you're looking for resources and information...

- Read 'Surviving the Journey' for postgrad-specific advice about mental health and wellbeing: http://go.unimelb.edu.au/cz56
- Find out how to better manage your wellbeing: http://go.unimelb.edu.au/3c56
- Check out the Counselling Service's A–Z list of online resources: http://go.unimelb.edu.au/7z56
- Learn more about depression and anxiety, including how to get help and how to help yourself, with Beyond Blue: http://go.unimelb.edu.au/gz56
- Get information on relationships and sexuality, and how these issues can affect mental health and wellbeing: http://go.unimelb.edu.au/9z56
- Read up on how to get better sleep: http://go.unimelb.edu.au/kz56
- Get proactive and develop a self-care plan: http://go.unimelb.edu.au/3z56