

# Student Wellbeing Resources

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## headspace

A mental health foundation that provides early intervention services for young people (12-25) who may want help with mental health, physical health, substance use and work or study support.

[Click here for more information](#)



## Wayahead Anxiety Support Groups

A non-judgmental place for people with anxiety and/or their family, carers and friends to meet. Meetings are run by trained volunteers, for ages 18+.

[Click here for more information](#)



## MyCompass

A free personalised self-help program developed by the Black Dog Institute for people with mild-to-moderate depression, anxiety, and stress. The program aims to help you recognise unhelpful thoughts, feelings, and behaviours, and develop skills to manage them.

[Click here for more information](#)



## Mood Gym

A free online interactive program designed to help people learn and practise skills to prevent and manage symptoms of depression and anxiety.

[Click here for more information](#)



## MindSpot

A free telephone and online service developed by Macquarie University for Australian adults experiencing symptoms of anxiety or depression. They offer free online or phone screening assessments to help you learn about your symptoms

[Click here for more information](#)

# Student Wellbeing Resources



## THIS WAY UP

Offers free information on mental health issues and provides short courses (free with clinician guidance or paid without clinician help) that are designed to help individuals learn to overcome their struggles.

[Click here for more information](#)



## Head to Health

A free confidential service from the Australian Government that was designed in collaboration with hundreds of Australians. This includes people with lived experience of mental health challenges and the people who support them, health professionals, and service providers. It provides mental health screening assessments, information, guided treatment courses and referrals to other organisations.

[Click here for more information](#)



## Rural and Remote Mental Health

A free personalised self-help program developed by the Black Dog Institute for people with mild-to-moderate depression, anxiety, and stress. The program aims to help you recognise unhelpful thoughts, feelings, and behaviours, and develop skills to manage them.

[Click here for more information](#)



## University Wellbeing Support Services

Each University offers a range of mental health and wellbeing services and support to their students

[Click here for more information](#)

# University Crisis Lines

**If you are experiencing crisis and need immediate after-hours support, your university is there to help...**

|   |   |  |
|---|---|--|
| Federation Uni crisis line                                | Weekdays: 4.30pm to 9am<br>Weekends + holidays: 24hrs | Call: 1300 758 109<br>Text: 0480 089 177 |
| Monash University phone counselling                       | 24hrs   | Call: 1300 STUDENT (1300 788 336)        |
| Swinburne out-of-hours crisis line                        | Weekdays: 5pm to 9am<br>Weekends + holidays: 24hrs    | Call: 1300 854 144<br>Text: 0488 884 145 |
| Charles Sturt University student wellbeing line           | 24hrs, including weekends + holidays                  | Call: 1300 572 516<br>Text: 0480 087 002 |
| La Trobe University crisis line                           | Weekdays: 5pm to 9am<br>Weekends + holidays: 24hrs    | Call: 1300 146 307<br>Text: 0488 884 100 |
| Torrens University wellbeing support line                 | 24hrs   | Call: 1300 093 800<br>Text: 0485 829 959 |
| Australian Catholic University mental health support line | 24hrs   | Call: 1300 638 485<br>Text: 0488 884 191 |
| University of New England urgent mental health support    | 24hrs   | Call: 1300 661 927<br>Text: 0488 884 169 |
| Charles Darwin University wellbeing support line          | 24hrs   | Call: 1300 933 393<br>Text: 0488 884 144 |
| University of Melbourne mental health crisis support      | Weekdays: 5pm to 9am<br>Weekends + holidays: 24hrs    | Call: 1300 219 459<br>Text: 0480 079 188 |
| Southern Cross University crisis counselling support line | Weekdays: 5pm to 9am<br>Weekends + holidays: 24hrs    | Call: 1300 782 676<br>Text: 0488 884 143 |
| RMIT urgent mental health support                         | After hours   | Call: 1300 305 737<br>Text: 0488 884 162 |
| Macquarie University well-being concerns and support      | After hours   | Call: 1800 CARE MQ (1800 2273 67)        |

# Mental Health Services and Support

## Beyond Blue

24/7 mental health support service

**1300 22 4636**

[beyondblue.org.au](http://beyondblue.org.au)

## headspace

Online support and counselling to young people aged 12 to 25

**1800 650 890**

(3pm to 10pm daily)

[headspace.org.au](http://headspace.org.au)

## Kids Helpline

24/7 crisis support and suicide prevention services for children and young people ages 5 to 25

**1800 55 1800**

[kidshelpline.com.au](http://kidshelpline.com.au)

## 1800 RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

**1800 737 732**

[1800respect.org.au](http://1800respect.org.au)

## QLife

LGBTIQ+peer support and referral

**1800 184 527**

[qlife.org.au](http://qlife.org.au)

## Lifeline

24/7 crisis support and suicide prevention services

**13 11 14**

[lifeline.org.au](http://lifeline.org.au)

## Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

**1300 659 467**

[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

## Mensline

24/7 counselling service for men

**1300 78 99 78**

[mensline.org.au](http://mensline.org.au)

## 13YARN

24/7 crisis support for Aboriginal and Torres Strait Islander people

**13 92 76**

[13yarn.org.au](http://13yarn.org.au)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



With delivery partners



Early Childhood  
Australia  
A voice for young children



headspace  
National Youth Mental Health Foundation

Funded by



Australian Government  
Department of Health,  
Disability and Ageing

Information provided by Be You

CUC Bass Coast