

Student Wellbeing Resources



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](#)

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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 Weekends + holidays: 24hrs	Call: 1300 758 109 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 Weekends + holidays: 24hrs	Call: 1300 854 144 Text: 0488 884 145
Charles Sturt University student wellbeing line	24hrs, including weekends + holidays	Call: 1300 572 516 Text: 0480 087 002
La Trobe University crisis line	Weekdays: 5pm to 9am Weekends + holidays: 24hrs	Call: 1300 146 307 Text: 0488 884 100
Torrens University wellbeing support line	24hrs	Call: 1300 093 800 Text: 0485 829 959
Australian Catholic University mental health support line	24hrs	Call: 1300 638 485 Text: 0488 884 191
University of New England urgent mental health support	24hrs	Call: 1300 661 927 Text: 0488 884 169
Charles Darwin University wellbeing support line	24hrs	Call: 1300 933 393 Text: 0488 884 144
University of Melbourne mental health crisis support	Weekdays: 5pm to 9am Weekends + holidays: 24hrs	Call: 1300 219 459 Text: 0480 079 188
Southern Cross University crisis counselling support line	Weekdays: 5pm to 9am Weekends + holidays: 24hrs	Call: 1300 782 676 Text: 0488 884 143
RMIT urgent mental health support	After hours	Call: 1300 305 737 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

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890
(3pm to 10pm daily)
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

1800 RESPECT

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

1800 737 732
1800respect.org.au

QLife

LGBTIQ+ peer support and referral

1800 184 527
qlife.org.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

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

1300 659 467
suicidecallbackservice.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

13YARN

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

13 92 76
13yarn.org.au

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



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