

# YOUR MENTAL HEALTH AND WELLBEING MATTERS

## Tips and information

Good mental wellbeing is essential for you as a learner to reach your academic potential and will continue to contribute to your professional and personal life. Positive mental health and wellbeing promotes resilience, motivation, persistence in engaging complex learning tasks, good stress management, positive response to challenges and being able to make the most of the opportunities available.

Sometimes studying at university can be challenging and stressful. It is common to experience some psychological distress while at university, especially when you are adjusting to the new environment and study requirements. However, if you experience ongoing stress and psychological distress you might find it difficult to manage.

When your mental health and wellbeing is affected, you may experience:

- ▶ Overwhelming challenging thoughts and emotions
- ▶ Disturbances to your sleep patterns, appetite, and sense of joy in everyday life
- ▶ Difficulty with your concentration, studies, and motivation.

If you are experiencing any of these, it is important to reach out for professional support.

The Online Health and Wellness Centre at [www.griffith.edu.au/wellness-centre](http://www.griffith.edu.au/wellness-centre) is where you can find strategies for healthy living, mental and educational wellbeing, mental health self-assessment tools and feeling safe on campus.

Here you can also book an appointment with a counsellor for free, independent, and confidential counselling. You can book either an in-person or telehealth appointment via a video or phone call. Counsellors provide helpful tools, strategies and perspectives on personal issues related to study, relationships, or work life. Counselling can help you feel better, find solutions to problems, and make lasting changes in life.

If you are studying while outside of Australia, you can access the offshore student support program. This is provided by Workplace Options and provides free, independent, and confidential telephone, face-to-face, video or online counselling. You can find more information on counselling services at [www.griffith.edu.au/counselling](http://www.griffith.edu.au/counselling).

At Griffith we also have bulkbilled health and medical services at both our Nathan and Gold Coast campuses with GPs, clinical nurses and mental health nurses.

### *If you need urgent mental health support*

Contact the **24/7 Griffith Mental Health and Wellbeing support line**. You can call anytime at **1300 785 442** or text **0488 884 146**.