

## Wellness and Mental Health Resources

Being a Club executive can be one of the most rewarding experiences during university. There are many things you will need to balance along with executive responsibilities such as keeping up with university studies, part-time work, social and family life, and relaxation time. Therefore, it is important to look after yourself and your fellow executives throughout your executive term especially during times of high stress.

We have listed some helpful resources and support services below.

<i>General Information</i>	
Resource	Services
<a href="#">Head to Health</a>	Links and referrals to online mental health resources for improving overall sense of wellbeing, help with something that is concerning you, or how to help someone else.

<i>UNSW Resources – 9am to 5pm, Monday to Friday</i>		
Resource	Contact	Services
<a href="#">Counselling and Psychological Services (CAPS)</a>	P: 9385 5425 <a href="mailto:counselling@unsw.edu.au">counselling@unsw.edu.au</a>	<ul style="list-style-type: none"> <li>• Counselling</li> <li>• Psychological services</li> <li>• Anxiety and mood management</li> <li>• Stress management</li> <li>• Online self-help</li> </ul>
<a href="#">UNSW Health Service</a>	P: 9385 5425 <a href="mailto:unihealth@unsw.edu.au">unihealth@unsw.edu.au</a>	<ul style="list-style-type: none"> <li>• Doctor/GP</li> </ul>
<a href="#">Educational Support Advisers</a>	P: 9385 4734 <a href="mailto:advisors@unsw.edu.au">advisors@unsw.edu.au</a>	<ul style="list-style-type: none"> <li>• University performance</li> <li>• Accommodation and tenancy</li> <li>• Financial management and loans</li> <li>• Personal and health issues</li> <li>• Professional development</li> <li>• Study support</li> </ul>
<a href="#">Disability Support Services</a>	P: 9385 4734 <a href="mailto:disabilities@unsw.edu.au">disabilities@unsw.edu.au</a>	<ul style="list-style-type: none"> <li>• Health conditions</li> <li>• Learning disabilities</li> <li>• Personal circumstances</li> </ul>
<a href="#">Learning Centre</a>	P: 9385 2060 <a href="mailto:learningcentre@unsw.edu.au">learningcentre@unsw.edu.au</a>	<ul style="list-style-type: none"> <li>• Academic skills</li> <li>• Individual consultations</li> <li>• Workshops</li> </ul>
<a href="#">Student Development International</a>	P: 9385 4734 <a href="mailto:international.student@unsw.edu.au">international.student@unsw.edu.au</a>	<ul style="list-style-type: none"> <li>• University life</li> <li>• Student visa</li> <li>• Wellbeing</li> <li>• Academic performance</li> <li>• Referrals</li> </ul>

<i>Helplines and Counselling</i>		
Resource	Contact	Services
<a href="#">Lifeline</a>	P: 13 11 14 (24/7)	<ul style="list-style-type: none"> <li>• Crisis support</li> <li>• Suicide prevention</li> <li>• Phone, Webchat</li> </ul>
<a href="#">Kids Helpline</a>	P: 1800 551 800 (24/7) <a href="mailto:counsellor@kidshelpline.com.au">counsellor@kidshelpline.com.au</a>	<ul style="list-style-type: none"> <li>• For youth aged 5 to 25</li> <li>• Counselling</li> <li>• Phone, Webchat, Email</li> </ul>
<a href="#">Eheadsace</a>	P: 1800 650 890 (9am to 1am)	<ul style="list-style-type: none"> <li>• For youth aged 12 to 25</li> <li>• Counselling</li> <li>• Phone, Webchat, Email</li> </ul>
<a href="#">Medibank 24/7 Student Hotline</a>	P: 1800 887 283	<ul style="list-style-type: none"> <li>• For students on OSHC</li> <li>• Interpreter services</li> <li>• Medical assistance</li> <li>• Stress &amp; trauma counselling</li> <li>• Emergency legal assistance</li> <li>• Critical incident management</li> </ul>
<a href="#">NewAccess Program</a>	P: 1800 010 630 More information available at UNSW Health Centre	<ul style="list-style-type: none"> <li>• For people aged 18 and older</li> <li>• Free 6 session coaching for mild to moderate anxiety and/or depression</li> </ul>
<a href="#">Suicide Callback Service</a>	1300 659 467 (24/7)	<ul style="list-style-type: none"> <li>• Counselling</li> <li>• Phone, Webchat, Video</li> </ul>

<i>Apps</i>		
Resource	Platform	Services
<a href="#">BeyondNow</a>	Apple store, Google Play, Website	<ul style="list-style-type: none"> <li>• Safety planning for suicidal thoughts or feelings</li> </ul>
<a href="#">Emergency+</a>	Apple store, Google Play	<ul style="list-style-type: none"> <li>• GPS coordinates given to Triple Zero operators</li> </ul>

<i>Online Forums for Peer Support</i>
Online forums are a way to discuss mental health issues online with peer support and advice. Forum membership is free for anyone residing in Australia.
<b>Resource</b>
<a href="#">SANE Forums</a>
<a href="#">BeyondBlue Online Forum</a>

If you or anyone you know needs help, the Arc Clubs team is here to support you and recommend appropriate mental health services.