

While You Are Waiting

We are sorry about the waiting time for an appointment.

Meanwhile we have included some resources and strategies to help you manage this time better.

Self help handouts are also available in the waiting area or log onto our website at: <http://www.services.unimelb.edu.au/counsel>

Strategies for:

Self Care

- Establish a daily routine
- Balance rest and activity
- Engage in physical activity of some kind (eg. swimming, yoga, walking)
- Eat well and don't forget breakfast
- Avoid alcohol and drugs which can adversely affect mood
- Learn a relaxation strategy (Chill on Fridays 12.00pm-1.00pm at the Counselling Service can help you to learn and practice)
- Check out our website for relaxation strategies and audio relaxation guides

Managing Distress

- Reassure yourself that you can tolerate your feelings and then identify any part of your situations that you can change for the better
- Don't be afraid of your feelings
- Don't be afraid of your emotions
- Experience feelings as waves that come and go
- Remember times when you have felt different to now
- Put off acting on impulse
- Problem solve: define the problem and weigh up options
- If you feel that you may hurt yourself ring Lifeline or other emergency contacts listed on this brochure

Relationships

- If you feel unable to be alone it's okay to ask a friend or family member to stay with you
- Choose to be with people who are positive and care about you
- You may not be able to support others just now
- Say no to unwanted demands
- You may be irritable but try not to push people away who care about you
- Let someone know you may need support
- Do not assume that other people can't cope with you or will not be interested in your wellbeing

Building Inner Strength

- When you are going through a rough time it is easy to focus on the negatives and not value other parts of yourself and your life that are still positive
- Reassure yourself that you will get through this
- Accept yourself – do not criticise or blame yourself
- Do something every day that makes you feel competent or successful, no matter how small it may seem (eg. tidying your desk)
- Notice positive experiences (eg. someone smiling at you)
- Remember other times when you have solved a problem successfully
- Do things that make you smile or laugh (eg. watching a funny TV show)
- Limit viewing of distressing programs

Other University Support Services

Health Service

Ph: 8344 6904

Financial Aid

Ph: 8344 6550

Language and Learning Skills Unit

Ph: 8344 0930

Chaplaincy

Ph: 8344 4825

Disability Liaison Unit

Ph: 8344 7068

Student Housing Services

Ph: 8344 6550

International Student Services

Ph: 8344 4505

Student Union Advisory Service

Ph: 8344 6546

University of Melbourne Postgraduate Association

Ph: 8344 8657

Careers and Employment

Ph: 8344 8657

Campus Security

Ph: 8344 6666

Community Resources

Royal Melbourne Hospital

Grattan St. Parkville

Ph: 9342 7000

Centre Against Sexual Assault

Ph: 1800 806 292

Mental Illness Helpline

Ph: 8486 4222 or check website

www.mifellowship.org.au

Victims Support Agency

(Help for victims of crime)

Ph: 1800 819 817

Emergency Contacts

Lifeline Suicide Helpline

Ph: 1300 651 251

Care Ring

Ph: 136 169

Online counselling for people aged 5-25 years

www.kidshelp.com.au

Inner West Mental Health Service

Ph: 1300 304 407

Direct Line

(24 hour alcohol and drug helpline)

Ph: 1800 888 236

Police/Ambulance/Fire Emergencies

Ph: 000