



MENTAL HEALTH SUPPORT

We encourage you to please make sure you use the following services that are available to you, at no cost.

COUNSELLING SERVICES

Monash counsellors are offering telehealth (video or phone) consultations. To make a booking, call (03) 9905 3020. You can also get 24/7 phone counselling help [after-hours](#).

MEDICAL SERVICES

You can access medical help via a call to the University Health Services Triage Nurse, book tele-health appointments, and if needed your Doctor will arrange a face-to-face appointment. For details on the range of ways you can access a Doctor please see this [webpage](#).

DISABILITY SERVICES

If you have a disability, medical or mental health condition that might affect your studies, the staff at Disability Support Services can assist you. For more details on their services please visit their [website](#).

ENGLISH CONNECT

If you would like more help with your English Language skills, English Connect offer a range of on-line programs as listed on their [website](#).

CAREER CONNECT

Most of the programs and services offered by Career Connect are available on-line, for details please visit their [webpage](#).

MONASH SPORT

Monash Sport are providing a variety of on-line workouts, health and wellbeing tips, live videos, demonstrations and motivations to support active lifestyles. For details, please visit their [website](#)

SOCIAL PROGRAMS

The Student Engagement and Campus Experience team have developed a range of social networking platforms that you may wish to join, see their [website](#) for details

RESPECTFUL COMMUNITIES

There are a range of workshops and training available to help students maintain a safe and healthy lifestyle, and make a better community for all. Details of the programs can be found on their [website](#)

SAFER COMMUNITY UNIT

The Safer Community Unit provides advice and support as well as key information to help you in difficult or risky situations. To contact a member of the Safer Community Unit please call 9905 1599 or email safercommunity@monash.edu You can find out more about their services by visiting their [website](#)