

## Programs that support Mental Health at the University of Melbourne

*The table below outlines initiatives at the University of Melbourne that support mental health and wellbeing.*

Program/Strategy/Campaign	Summary	Details
Respect. Now. Always.	The Respect initiative is university-wide campaign that articulates Melbourne's commitment to keeping our campuses safe, inclusive and respectful.	<p><b>Respect Taskforce</b> – The Respect Taskforce is our strategic unit to define and prioritise goals to eliminate sexual assault and sexual harassment.</p> <p><b>Respect Week</b> -The annual Respect Week “provides the opportunity to remind our University community that all forms of assault, harassment, discrimination and bullying are always unacceptable, and that we should speak up for ourselves, and for others when we see or hear something we think is not ok. Respect Week promotes the services available for students and staff who may need help and support and activities include range of lectures, workshops and social events.</p> <p>More information: <a href="https://www.unimelb.edu.au/respect-week#about">https://www.unimelb.edu.au/respect-week#about</a></p> <p><b>Safer Community Website</b> – central point of inquiry and reporting of inappropriate, concerning and threatening behaviour, confidential place to seek support and advice.</p> <p>The <b>UniSafe App</b> provides information about security services on campus, health services (e.g. counselling, disability liaison), international student support.</p> <p>More information: <a href="https://safercommunity.unimelb.edu.au/">https://safercommunity.unimelb.edu.au/</a></p>
Student Life Strategy	Led by the Deputy Vice-Chancellor, Student Life, the Student life strategy aims to support a University experience that is interdisciplinary, adaptive and research led, offering choices that assist students to be	In the first phase of its implementation, six signature initiatives will create the platform for delivering the commitments of the Student Life strategy. The Signature Initiatives do not include a direct intervention for student wellbeing, however as a suite they seek to increase students' sense of belonging and participation with the University community, which is believed will have positive effects on wellbeing. These include first year Discovery subjects being developed by the School of Psychological Sciences that include a 'wellbeing module' for

	increasingly intellectually independent and self-directing.	students. This module will be completed by all incoming undergraduate students and will focus on strategies and tools for self-management, as well as information about when and how to seek help.  More information: The Student Life paper may be downloaded here: <a href="https://provost.unimelb.edu.au/student-life">https://provost.unimelb.edu.au/student-life</a>
Student Wellbeing Reference Group	Concern over student wellbeing has become heightened during the COVID-19 pandemic. The Student Wellbeing Reference Group has been established to ensure the University's wellbeing initiatives are coordinated and evidence based.	Established in 2020, the Wellbeing Reference Group brings together Academic Division expertise with Students Services professionals and student association representatives. Proposals and initiatives from Academic Divisions that focus on assisting student wellbeing will be considered by this group for fit with the broader wellbeing strategy of the University.
Towards a Health Promoting University	A study which focused on the wellbeing of University of Melbourne students is due for release in mid-2020.	<i>Towards a Health Promoting University</i> report was released in March, along with its companion report which maps the programs and services available at the University.
Student Outreach Campaign	A coordinated support service to students during the COVID-19 pandemic.	Students and Scholarly Services (SASS) has been coordinating support to students during the COVID19 pandemic - undertaking a series of outbound calls starting with first year onshore international undergraduate students through the Student Involvement and Advice team. The aim of this outreach activity is to check in on student wellbeing given social distancing requirements, ensure students are connecting with the right services as required (e.g. health, counselling, safer communities, Student IT support, course planning and enrolment, etc). Academic staff have also been provided with details on how to refer a student to these services, should they notice a student who is potentially struggling to engage with their studies. Calls are now expanding to additional cohorts.
The Social Connection	Uni-wide initiative to virtually meet other students during isolation during the COVID-19 pandemic.	The Social Connection is a free and quick way for students to make University friends while in isolation. Students are randomly allocated to a group of four students, with an icebreaker to start, and go on to completing missions together

		<p>More information: <a href="https://students.unimelb.edu.au/the-social-connection">https://students.unimelb.edu.au/the-social-connection</a></p>
Counselling and Psychological Services (CAPS)	The University of Melbourne Counselling and Psychological Services (CAPS) provides free, confidential, short-term professional counselling to currently enrolled students and staff.	<p>Recent initiatives include:</p> <p><b>After-hours Helpline</b>  In response to the COVID-19 pandemic, a partnership with a potential provider is currently under negotiation, to establish an after hours telephone service, for students in distress or experiencing increasing mental health difficulties through a 24/7 service configuration. The service will ensure continuity of support outside of business hours utilising a brief support intervention, with linkages for further follow-up by our in-house and other student support services.</p> <p>More information</p> <ul style="list-style-type: none"> <li>• <a href="https://services.unimelb.edu.au/counsel">https://services.unimelb.edu.au/counsel</a></li> </ul>
Mental Health Programs for Staff	Personal and professional development opportunities for staff	<ul style="list-style-type: none"> <li>• Mindfulness lunchtime drop-in sessions</li> <li>• Mental Health First Aid 2-day course</li> <li>• Supporting Student Mental Health Online Training  <a href="https://staff.unimelb.edu.au/students-teaching/support-for-students/equity-disability/mental-health-conditions">https://staff.unimelb.edu.au/students-teaching/support-for-students/equity-disability/mental-health-conditions</a> </li> </ul>

For more information please contact:

Ms Julie Fam  
Senior Partnerships Advisor, Chancellery International  
U21 Officer  
University of Melbourne  
j.fam@unimelb.edu.au