



MENTAL HEALTH SERVICES

UNIVERSITY AND COMMUNITY SUPPORT INFORMATION FOR STUDENTS DURING COVID-19

CQUNI COUNSELLING AND SUPPORT

CQUniversity offers free academic or personal Counselling services to help you to succeed.

If you would like to speak with someone from the CQUniversity Counselling Team, arrange a free appointment by calling 07 4930 9456, emailing counselling@cqu.edu.au, or submit a **Student Counselling Referral Eform**.

For more information, advice and resources, visit the **Mental Wellbeing** section of the MyCQU Student Portal.

OTHER SERVICES

Lifeline

24hr Crisis support and suicide prevention. Visit www.lifeline.org.au or phone 13 11 14.

Beyond Blue

Specialising in anxiety and suicide prevention. Visit www.beyondblue.org.au.

Black Dog Institute

Specialising in depression, with specific information on how to cope with the COVID-19 situation. Visit www.blackdoginstitute.org.au.

DOMESTIC VIOLENCE

If you have experienced sexual assault, domestic or family violence, call 1800 RESPECT on 1800 737 732 for 24/7 counselling. For more information, visit www.1800respect.org.au.

The Australian Government provides information, resources and referrals for people affected by family and domestic violence. For more information, [click here](#).

Domestic Violence Financial Aid

On the domestic violence front, most banks have dedicated assistance programs for this specific purpose (under the banking code of conduct). The majority of the big banks have information online about what they offer.

MINDFULNESS APPS

Headspace

Learn the basics of meditation and mindfulness with the Headspace app. Headspace are also offering free support during the outbreak of COVID-19. Visit www.headspace.com/covid-19 to get started.

Smiling Mind

Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. Try the free mindfulness app at www.smilingmind.com.au.

Head to Health

For more resources, the Australian Government Department of Health can help you find the right digital mental health support for your needs. If you're trying to improve your own mental health, or support somebody else, visit <https://headtohealth.gov.au>.

CQUNILIFE

CQUniLife is the official CQUni student blog. Follow the experiences of a diverse group of students, including their tips and tricks for study, as well as expert advice from our student support teams such as Counselling and the Academic Learning Centre. Start exploring the blog at <https://cqunilife.com>.

STAY CONNECTED

Zoom

As well as being a great learning tool, Zoom can also be used to stay in touch with friends and family across any device. Sign up for free at <https://zoom.us>.

Houseparty

Connect with anyone you want, anywhere, anytime with Houseparty. Join the face-to-face social network at <https://houseparty.com>.

WhatsApp

Message your friends and family using your phone's internet connection and avoid SMS fees. Find out more at www.whatsapp.com.

Facebook Messenger

If you have a Facebook account, you can use Facebook Messenger for text chats, video and audio calls. Find out more about Messenger at www.messenger.com.

YOUR QUESTIONS ANSWERED

Advice for students and answers to frequently asked questions in relation to COVID-19 is available on the **MyCQU Student Portal**.

For unit specific questions, contact your lecturer/unit coordinator using their contact details found in **Moodle** or on the **unit profile**.

General study related questions can be directed to the Student Advice Team on 13 27 86 or you can **contact us** online.

FINANCIAL ASSISTANCE

For more information on financial assistance in response to COVID-19, see our **Financial Toolbox**. You'll find tips on budgeting, jobs, smart ways to save, and more!

BE WHAT YOU WANT TO BE

cqu.edu.au