

## Campus contacts

- **Berwick** Telephone: 9904 7019
- **Caulfield** Telephone: 9903 2500
- **Clayton** Telephone: 9905 3156
- **Gippsland** Telephone: 5122 6425 or 9902 6425
- **Parkville** Telephone: 9903 9689
- **Peninsula** Telephone: 9904 4223

## Other university resources

- Monash Oakleigh Legal Centre  
Telephone: 9905 4336
- Health Service  
Telephone: 9905 3175
- Chaplaincy Service  
Telephone: 9905 3156
- Student Rights  
Telephone: 9905 3196
- Language and Learning  
Telephone: 9905 9181
- Monash International Intercall  
Telephone: 1800 679 012
- Monash International Student Advice  
Telephone: 9905 1174
- John Medley Library  
Telephone: 9905 4127

## Academic and administrative issues

Ask at your faculty office who you should speak to about your particular need.

## Community resources

- Monash Medical Centre  
Telephone: 9594-6666  
246 Clayton Road, Clayton
- MonashLink - Community Health Service  
Telephone: 9568-2599
- WIRE - Womens Information  
Telephone: 1300 134 130
- Mens Referral Service  
Telephone: 9428-2899 or 1800 065 973 (Freecall)
- Wavecare  
Telephone: 9560-6722
- Anxiety Recovery Centre: Help Line  
Telephone: 9886 9377
- CASA (Centre Against Sexual Assault)  
Telephone: 1800 806 292 (Freecall) or 9349 1766 (AH)
- Clinical Psychology Centre  
Telephone: 9548 7011
- South East Alcohol and Drug Services  
Telephone: 8792 2330

## Emergency contacts

- Lifeline  
Telephone: 131114
- Care Ring  
Telephone: 136169
- GriefLine  
Telephone: 9596-7799
- Victims Support Agency  
Telephone: 8662 1700 or 1800 819 817
- Suicide Helpline  
Telephone: 1300 651 251

Printing sponsored by Monash Residential Services  
Telephone: 9905 6200 [www.mrs.monash.edu.au/](http://www.mrs.monash.edu.au/)



## University Community Services

Student and Community Services Division

## While you're waiting

We are sorry we cannot give you an immediate appointment.

Self-help handouts are available in the waiting area or at

[www.adm.monash.edu.au/community-services/counselling/selfhelp.html](http://www.adm.monash.edu.au/community-services/counselling/selfhelp.html)



## Things you can do – Self care

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- Make sure you are on our waiting list
- Establish a daily routine
- Exercise
- Relaxation: what works for you
- Balanced eating
- Balance sleep and activity
- Avoid mood altering drugs including alcohol
- Put off acting on impulse
- Problem solve: define the problem and weigh up options
- Be thoughtful about what you expose yourself to in terms of situations which may be distressing
- Quieten your mind with meditation on Tuesdays, 1.15 pm, Religious Centre (Clayton)
- Relaxation and positive coping CDs at John Medley Library, Clayton



## Managing distress

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Accept your situation and reassure yourself that you can tolerate feeling your emotions. Identify what parts of your situation you can change for the better.

- Feelings are not to be feared
- Remind yourself you are not your emotion
- Experience feelings as waves that come and go
- Don't try and hold on to or amplify emotions
- Consider consequences before acting
- Remember times when you have felt different to now
- Try not to ACT on emotion without thinking through
- Do not judge your emotions

## Relationships

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If you feel unable to be alone, ask a friend or family member if they can stay with you. It is sensible to ask for help.

- 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
- Let someone know you may need support
- You may be irritable – try not to push people who care away
- Do not assume that other people can't cope with you or will not be interested in your wellbeing

## Build inner strength

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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
- Notice positive experiences
- Hold on to the GOOD as well as the not so good
- Remember other times you have solved a problem successfully
- Limit viewing of distressing events and programs

