

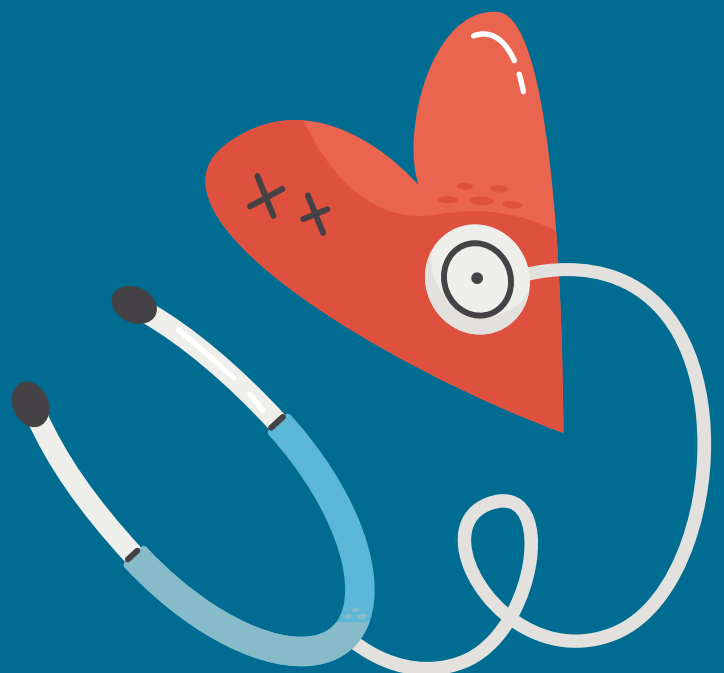
JANUARY 2025

# UNIVERSITY OF CANBERRA **MEDICAL AND COUNSELLING STUDENT NEWSLETTER**

A warm welcome to our new students and welcome back to our returning students! We hope you had a refreshing break and are ready to make 2025 a successful and fulfilling year.

In this edition we will be covering everything you need to know about finding the support that suits you at UC including:

- **Medical & Counselling Services**
- **Citizen Centred Justice Clinic**
- **InclusionUC**
- **Student Wellbeing**
- **Study Skills**
- **Ngunnawal Centre**
- **Student Equity & Participation**



# Medical & Counselling Services



## UC Medical and Counselling Centre

The Medical & Counselling Centre provides general practitioner (GP), nursing and psychology services, and we have a visiting psychiatrist.

### Medical Services

If you are unwell, need a prescription, vaccination, referral to a specialist, a minor medical procedure, medical certificate or a general health check, you can make an appointment at the centre.

### Sexual Health Clinic

We also offer a Sexual Health Clinic every Wednesday which provides information about sex, contraception, intimacy, consent and healthy relationships, as well as screening for sexually transmitted infections and free condoms!

### Counselling Services

The Counselling service at Medical & Counselling is exclusively available to currently enrolled UC students and is provided free of charge! Whether you are struggling with adjusting to uni life, making friends, academic challenges or personal struggles, you can talk to a psych at UC Medical & Counselling. Emergency appointments are always available on the day.

**If you are ever in need of immediate care, you can visit the centre and asked to be triaged with a nurse. You can also call the centre via 6201 2351 and request for a nurse to call you back. They will prioritise your care and make sure you get the help you need.**



### Fees

For domestic students, most appointments are bulk billed meaning the cost of your appointments to see doctors and nurses are covered by Medicare. You must be able to provide valid Medicare details.

For international students, the cost of your appointments will be covered by your Overseas Student Health Cover (OSHC). Depending on your provider, we will either bill your provider, or you will pay upfront and claim the amount back.

Costs of certain immunisations are to be paid for at the time of the consultation.

### Groups and Training

The Medical & Counselling Centre offers group programs to help students deal with common challenges such as procrastination, building resilience, and managing symptoms of anxiety and ADHD. These groups are free for UC students and a great opportunity to meet with a psychologist weekly and connect with likeminded people.

We also offer trainings including Mental Health First Aid and Bystander Training to ensure our UC community is well-equipped to support each other. These trainings are offered regularly throughout the year and are free for UC students.

For more information about our groups and trainings and how to get involved, please visit [this page](#).

## Contact Medical & Counselling

Reception: 02 6201 2351

HotDoc 

### Medical & Counselling's Canvas Page

Check out our Canvas page for all important information, upcoming events, and more!

Canvas 

## UC Citizen Centred Justice Clinic

The Citizen Centred Justice Clinic offers free, specialist legal advice for UC students. Consultations are facilitated by a lawyer, supported by students working towards their legal qualification. This service is confidential and can assist with issues such as employment, discrimination, workplace bullying, housing, immigration, family or custody matters, violence, sexual assault, and Centrelink. The Clinic also offers free will information and writing sessions for UC students and staff to ensure they have a formally written and witnessed will.

**Open Wednesdays, 10:30am-5pm**

**Location: UC Medical & Counselling Centre**

To make a booking, call UC Medical & Counselling Centre reception.



## Medical & Counselling's Free Croissant Breakfast

**Date: January 30**

**Time: 9:30am-10:30am**

**Location: Building 1 Courtyard**

Meet the team at the Medical & Counselling Centre! Learn about the services available to students, find out how to access them, and get answers to your questions. Plus, enjoy some **free** food while you're at it!

[Register here](#)





## InclusionUC

The InclusionUC team supports students with disabilities or ongoing health conditions to succeed at university. They offer a 'Reasonable Adjustment Plan' (RAP) with adjustments like extended deadlines, exam provisions, assistive technology, alternative study materials, and access to the UC Library's assistive tech room. A RAP is important as it ensures you receive the flexibility and support needed to succeed in your studies.

To apply for a RAP, you must provide the InclusionUC team with medical documentation of your condition. You can get a medical certificate from the the Medical & Counselling Centre on campus.

Appointments with an Inclusion advisor are available both on-campus and virtually.

[More info here](#)



## Student Wellbeing

The Student Wellbeing team is available to support your general wellbeing during your studies and help connect you with the appropriate services. They can provide assistance in areas such as:

- Accommodation and housing
- Financial support
- Gender diversity, identity, sexuality, and self-expression
- Grievances and misconduct
- Study-related challenges e.g enrolment amendment forms
- Support for international students

The Student Mentor Program connects you with current students for peer support through weekly phone, video, or email sessions. Mentors offer guidance and help you connect with additional UC resources.

[More info here.](#)



## Study Skills

Study Skills offers face-to-face and online support for UC and UCC students in areas including:

- Understanding assessment tasks
- Assignment writing and structure
- Feedback on drafts
- Finding resources
- Academic integrity and referencing
- Time management, study planning, and exam prep
- English language support

[More info here.](#)

## The Ngunnawal Centre

The Ngunnawal Centre works with Aboriginal and Torres Strait Islander students to achieve academic success through educational programs and confidential support services.

The Ngunnawal Centre assists students with:

- study support and leadership development services (workshops, online resources, events and one-on-one guidance sessions)
- applications for financial assistance, like the UC Commonwealth Scholarship, or other UC scholarships and bursaries
- gaining free tuition via the Ngunnawal Centre Tutoring Program
- navigating the CareerTrackers Indigenous Internship Program and referring to UC Careers for employment and Work Integrated Learning opportunities
- confidential emotional support and guidance from the Elder-in-residence
- a student study space, complete with PCs and Macs, free printing facilities and a kitchen.
- drop in sessions with a psychologist from Medical & Counselling on the first Wednesday of each month, from 11:30 AM to 12:30 PM

[More info here.](#)

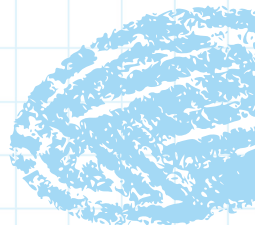
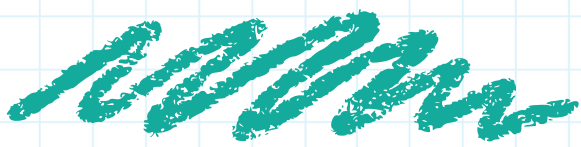
## Student Equity and Participation

The Student Success programs aim to improve access, participation, and success at university for students from diverse backgrounds.

Personalised Student Success Coaching is available for UC College and domestic undergraduate students who are first in their family to attend university, from out-of-home care, rural or regional areas, low-income backgrounds, refugee backgrounds, or identify as Indigenous. Personalised coaching helps students develop success plans, improve skills, make informed course choices, navigate academic challenges, and apply for scholarships.

[More info here.](#)





## 24-hour contacts to keep in mind:

- 6201 2222  
UC Security
- 131 444 Police  
assistance
- 1800 737 732 National Sexual Assault Family  
and Domestic Violence Counselling Service
- 02 6280 0900 Domestic  
Violence Crisis Service
- 02 5124 2185 Forensic and Medical  
Sexual Assault Care
- 1300 224 636  
Beyond Blue
- 1300 78 99 78  
MensLine Australia
- 1800 184 527  
QLife
- 1800 629 354 Access  
Mental Health



Keep an eye out for our next issue.

On behalf of the UC Medical & Counselling Centre, **stay safe everyone!**