

SEPTEMBER 2023

UNIVERSITY OF CANBERRA

# MEDICAL & COUNSELLING STUDENT NEWSLETTER

## R U OK? DAY

Thursday the 14th of September marks R U OK? Day; a chance to check in with your mates and ask R U OK?

At UC Medical and Counselling Centre (located in building 1 near student services) we value your mental health and wellbeing.

Our team of doctors, nurses and psychologists work together to care for the mental and physical well-being of students. All currently enrolled UC students have access to free and confidential psychology services as well as appointments with our wonderful team of doctors and nurses.

We would like to encourage you to check in with each other and keep asking R U OK?

This year's official R U OK? Day theme is *"I'm here to hear"* and UC Medical and Counselling are asking our UC community to *"Find your way to ask R U OK?"*

Whether it's over coffee or cards; on a run or relaxing in the sun, find your way to say, *"I'm here to hear"*, ask R U OK? this year. You can also make use of the self-care resources provided by the STOP campaign.

(<https://www.thestopcampaign.org.au>)



The logo consists of the text "RUOK?" in a bold, sans-serif font. The letter "O" is replaced by a yellow circle containing a simple smiley face. A small "TM" trademark symbol is positioned to the upper right of the question mark. This entire logo is contained within a black speech bubble with a tail pointing downwards and to the left.

**RUOK?**<sup>TM</sup>

I'm **here**  
to **hear**

**Ask R U OK?**  
**because a conversation**  
**could change a life.**

[ruok.org.au](http://ruok.org.au)

# RUOK DAY ACTIVITIES



## WEEKLY PSYCH SESSION R U OK? DAY (*In-person*)

Wednesday 13th of September

1:30pm – 2:30pm

**Register via:**

<https://events.humanitix.com/host/ucmcc>



## R U OK? DAY PANCAKE BREAKFAST & STALL

Thursday 14th of September

*Pancake Breakfast:* 8am - 10am

*Market Stall:* 10:30am - 1pm



## WEEKLY PSYCH SESSION R U OK? DAY (*Online*)

Friday 15th of September

11am - 12pm

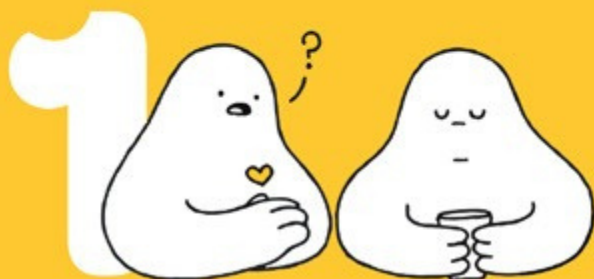
**Register via:**

<https://events.humanitix.com/host/ucmcc>

**RUOK?**<sup>TM</sup>

**Have a conversation  
using these 4 steps**

I'm **here**  
to **hear**



How are you  
travelling?

You don't  
seem yourself  
lately – want to  
talk about it?

**Ask R U OK?**



I'm here to listen  
if you want to  
talk more.

Have you been  
feeling this way  
for a while?

**Listen**



What do you think  
is a first step that  
would help you  
through this?

Have you spoken  
to your doctor  
about this?

**Encourage action**



Just wanted to  
check in and see  
how you're doing?

Have things  
improved for you  
since we last spoke?

**Check in**

Learn more at [ruok.org.au](http://ruok.org.au)



# Make staying connected and asking R U OK? part of your everyday

**Start by asking, 'are you OK?'**

**No, I'm not OK.**

**Yes, I'm fine.**

**Dig a bit deeper:**

"What's been happening?"

"Have you been feeling this way for a while?"

"I'm ready to listen if you want to talk."

**But your gut says they're not:**

"It's just that you don't seem to be your usual self lately."

"I'm always here if you want to chat."

"Is there someone else you'd rather talk to?"

**Listen with an open mind**

**Encourage action and offer support**

"How can I help?"

"Have you thought about seeing your doctor?"

"What would help take the pressure off?"

**Make time to check in**

"Let's chat again next week."

## WHAT TO DO WHEN SOMEONE SAYS THEY AREN'T OK.

- Make sure they are safe
- Ask how you can support them
- Support and encourage them to get the help they need

## WHAT IF YOU AREN'T, OK?

- Talk to a trusted friend
- Talk to a doctor or psychologist
- Practice self care and get support

Asking R U OK? is often the start of a greater journey towards wellbeing. If you or your friends require further support UC Medical and Counselling Centre is here to hear and help.

### UC BASED SERVICES:

**UC Medical and Counselling  
Centre** (9am – 5pm)

[p \(02\) 6201 2351](tel:(02)62012351) or book online

**University of Canberra**

**Crisis Line** (for after hours  
support)

[p 1300 271 790](tel:1300271790)

[text 0488 884 227](tel:0488884227)

### MENTAL HEALTH CRISIS LINES

**Lifeline**

[p 13 11 14](tel:131114)  
[lifeline.org.au](http://lifeline.org.au)

**Beyond Blue**

[p 1300 224 636](tel:1300224636)  
[beyondblue.org.au](http://beyondblue.org.au)

**Suicide Call Back Service**

[p 1300 659 467](tel:1300659467)  
[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

**In a life-threatening emergency  
call 000**

## R U OK? – WHAT TO ASK YOURSELF BEFORE ASKING

### Am I ready?

- Am I in a good headspace?
- Am I willing to genuinely listen?
- Can I give as much time as needed?

### Have I picked my moment ?

- Have I chosen somewhere relatively private and comfy?
- Have I figured out a time that will be good for them to chat?
- Have I made sure I have enough time to chat properly?

### Am I prepared, to listen and help?

- Do I understand that if I ask how someone's going, the answer could be: "No, I'm not"?
- Do I understand that I can't 'fix' someone's problems?
- Do I accept that they might not be ready to talk? Or they might not want to talk to me?
- Do I know what services to direct someone to?

**For more information head to  
<https://www.ruok.org.au/how-to-ask>**

## I'M HERE TO HEAR: DIFFERENT WAYS TO ASK RUOK.

- Catch up with a mate for coffee.
  - Go for a run with a friend and find out how they are going.
  - Make a place and time check to in on your mates mental health.
  - How will you ask R U OK? this R U OK? Day?
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# Journal Prompts

If you're feeling safe and comfortable, take a moment to reflect on the following questions. We recommend finding a quiet place to clear your mind.

How am I currently feeling?

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When do I feel most like myself?

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What are some of my healthy habits?

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What makes me feel powerful?

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What brings me joy?

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Where do I want to be in a year's time?

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What have I learnt in the past year?

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# DOODLING FOR MINDFULNESS

1

YOUR NAME IN  
BUBBLE LETTERS

2

A SELF-PORTRAIT

3

YOUR FAVOURITE  
PLANT

4

YOUR FAVOURITE  
ANIMAL

5

YOUR OUTFIT

6

SOMETHING IN  
FRONT OF YOU



1

2

3

4

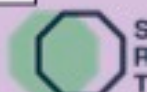
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# 30 DAY SELF-CARE CHALLENGE

TAKE A BREAK AND TRY ONE OF THESE SELF-CARE ACTIVITIES  
EACH DAY

<input type="radio"/> Do a workout	<input type="radio"/> Drink more water	<input type="radio"/> Go for a walk outdoors	<input type="radio"/> Write a positive affirmation	<input type="radio"/> Go to bed early
<input type="radio"/> Listen to your favourite song	<input type="radio"/> Do something you love	<input type="radio"/> Take a nice bubble bath	<input type="radio"/> Cook your favourite meal	<input type="radio"/> Practise yoga
<input type="radio"/> Unplug from social media	<input type="radio"/> Do some journaling or doodling	<input type="radio"/> Call someone who makes you laugh	<input type="radio"/> Write down 3 things you are grateful for	<input type="radio"/> Read a book
<input type="radio"/> Do some stretches	<input type="radio"/> Watch the clouds	<input type="radio"/> Go for a drive	<input type="radio"/> Watch your favourite movie	<input type="radio"/> Write a letter to a friend
<input type="radio"/> Sit under the stars	<input type="radio"/> Start a new hobby	<input type="radio"/> Write out your goals	<input type="radio"/> Organise your wardrobe	<input type="radio"/> Watch the sunset
<input type="radio"/> Give yourself a break	<input type="radio"/> Listen to a podcast	<input type="radio"/> Declutter your space	<input type="radio"/> Spend time with someone you love	<input type="radio"/> Go out with friends



# 30 DAY SELF-CARE CHALLENGE

TAKE A BREAK AND DESIGN YOUR OWN SELF-CARE ACTIVITIES FOR EACH DAY

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# EMERGENCY CONTACT NUMBERS

\*Ambulance (Life threatening emergencies only),  
Fire, Police Phone

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University of Canberra Crisis Line (after hours)

Phone: 1300 271 79

Text: 0488 884 227

Poisons Information Centre Phone

131 126

CALMS - Canberra After-hours Locum  
Medical Service Phone

1300 422 567

National Home Doctor Service Phone

13SICK

Lifeline (Counselling service) Phone

13 11 14

After-hours GP Helpline - (Healthdirect Australia)

1800 022 222

Access Mental Health Phone

1800 629 354

Campus security Phone

6201 2222

Rape Crisis (Phone support between 7am and 11pm)

Phone: 6247 2525

Text 0488 586 518

Domestic Violence Crisis Service Phone

6280 0900

SAMSSA (Support for men that have experienced  
sexual assault or past abuse)

6247 2525

\*Ambulances are for emergencies & are covered by your OSHC/ Medicare when called for urgent medical problems.

# UC MEDICAL AND COUNSELLING CENTRE GROUPS, COURSES, AND CLINICS

## THE WEEKLY PSYCH SESSION

Weekly group session with a psychologist on building the skills and tools to manage a range of challenges – such as goal setting, connecting with others, managing stress, and overcoming procrastination.

Register via [events.humanitix.com/host/ucmcc](https://events.humanitix.com/host/ucmcc)

## INTERNATIONAL STUDENT MEET UP GROUP

Meet other international students and share experiences and tips with moving to Australia; discuss the challenges and difficulties of being away from home, and all the new and exciting experiences they've had.

Register via [events.humanitix.com/host/ucmcc](https://events.humanitix.com/host/ucmcc)

## MENTAL HEALTH FIRST AID TRAINING

MHFA training helps mobilise and empower adults by equipping them with the knowledge and confidence to recognise, understand and respond to another adult experiencing a mental health problem, and assist until appropriate professional help is received, using a practical, evidence-based action plan.

Email [beniah.colbourn@uni.canberra.edu.au](mailto:beniah.colbourn@uni.canberra.edu.au) for more information

Register via [events.humanitix.com/host/ucmcc](https://events.humanitix.com/host/ucmcc)

## BYSTANDER TRAINING

A free 2-hour workshop on bystander intervention in the university setting. This training helps to identify safe and effective strategies in common bystander situations, including discrimination, sexual assault, harassment, intimate partner violence, mental health issues, and harmful use of drugs and alcohol.

**Contact UC Medical and Counselling Centre for information.**

## CITIZEN CENTRED JUSTICE CLINIC

The clinic is open for legal advice services on a Friday, in Building 1, Level B, at the UC Medical & Counselling Centre, University of Canberra. The Clinic is run by lawyers supported by students who are gaining legal practice experience towards their legal qualification. The service is confidential.

You can book an appointment to the Citizen centred Justice Clinic through the University's Medical & Counselling Centre: **02 6201 2351**



Scan to register for The Weekly Psych Session, International Student Group, and Mental Health First Aid Training