



FEEL LIKE YOU'RE STRUGGLING?

SEEK OUT HELP WITH MONASH THRIVE

[TINYURL.COM/MONASHTHRIVESTUDENTS](https://tinyurl.com/monashthrivestudents)

Why should you seek help?



Seeking help (especially if done early) is one of the most effective ways you can prevent something more serious from developing that could negatively impact how you function and feel every day.



monash.edu/medicine/thrive/seeking-help



We can hesitate to reach out

Sometimes we might struggle to seek help because we think we can just snap out of or push through what ever we're struggling with.

We might worry about being seen as weak or incapable if we say we're having a hard time.

But seeking help can allow us to develop strategies to overcome our struggles now and in the future. It shows that we're proactive in working through our issues.

Seeking help from a friend or family member:

Simply talking with a loved one can help you address your concerns and feel less alone in what you're going through.

*July 2021 Monash Thrive student surveys

Most of us tend to reach out to friends (77%*) or family (60%*) for support. But, it can still be hard opening up about your problems, even to someone you love or trust.



Some of us might not even know how to go about it. It might help to:

1. Write down a list of concerns you want to talk about.
2. Let the person know you want to talk about something that's been bothering you lately.
3. Tell them what sort of help you need (advice or words of support)

What if a friend comes to you for help? Get some tips here: monash.edu/medicine/thrive/seeking-help

You might think going to a professional is only for people with serious mental illnesses or in extreme situations...

Seeking help from a mental health professional

But that's not the case! They also help with general life struggles like:

- stress from Uni
- feeling unmotivated, lost or overwhelmed
- transitioning to the workforce
- friendships, family, partners

Finding someone you can connect with is important. You may want to consider a person with a similar background to you. eg. culture, gender or sexuality.

It may take more than one session for it to start helping because they will need to get to know you first.

Other options include web chat, phone or forum services from:

- Qlife (LGBTIQ+)
- Mensline
- Kids Helpline
- BeyondBlue

For some places you can organise to talk to the same person (eg. Kids Helpline) over many sessions.

Monash Counselling provides free and confidential mental health services

How to get a Mental health care plan

Don't know which psychologist to go to?

Ask for recommendations from your GP, Monash Counselling, online services like Qlife (LGBTQ+), or Beyond Blue, friends or family

book an appointment with your GP or Monash Counselling

Discuss why you may need a care plan.

You could give reasons like stress from Uni, being overwhelmed/anxious about your future, feeling unmotivated, numb or empty.

Your first 6 sessions can be covered by Medicare or OSHC. Each year, you can get up to 20 sessions covered.

and after an agreement has been made...

Mental health care plan acquired!