

# MENTAL HEALTH SERVICES

AT THE UNIVERSITY OF WESTERN AUSTRALIA

THE UWA ALCOHOL & OTHER DRUG COUNSELLING SERVICE (PROVIDED BY THE PALMERSTON ASSOCIATION INC.)

UWA MEDICAL CENTRE - MENTAL HEALTH NURSE (REFERRAL ONLY)

UWA COUNSELLING & PSYCHOLOGICAL SERVICES

UWA MENTAL HEALTH EMERGENCY ON CAMPUS

UWA EATING DISORDERS SERVICE

UWA (UNIVERSITY) POLICY ON MENTAL HEALTH

UNIACCESS - DISABILITY SERVICES

UWA HEALTH PROMOTION UNIT - MENTAL HEALTH FIRST AID COURSE

ROBIN WINKLER CLINIC

UWA MEDICAL CENTRE - GPS

UWA STUDENT GUILD - STUDENT ASSIST OFFICERS AND COUNSELLOR

UWA HEALTH PROMOTION UNIT - E-CHUG

UWA EQUITY & DIVERSITY

UWA CAMPUS SECURITY

● NO-COST (FREE) SERVICE

● LOW-COST (PAID) SERVICE

● POLICY/HANDBOOK/ONLINE COURSE



## NO COST (FREE) SERVICES

### UWA Student Guild - Student Assist Officers and Counsellor

Here to support all students with any academic, financial and welfare issues to make sure they get the most out of their time at uni. A confidential, independent service offering a helping hand or a friendly face to chat to when you're not sure where to go!

Phone: (+61) 8 6488 2295

Website: [bit.ly/uwaguildsa](http://bit.ly/uwaguildsa)

Find out more at the Guild Student Centre, Ground Floor, Guild Village

### The UWA Alcohol and Other Drug Counselling Service (provided by the Palmerston Association Inc).

Mental health problems and use of alcohol and other drugs can be linked. Confidential, free appointments for UWA students wishing to discuss issues related to their own use or the use by significant others.

Phone: (+61 8) 6488 2118

Website: [bit.ly/uwaaodc](http://bit.ly/uwaaodc)

Location: 2nd Floor, South Wing, Guild Village

### UWA Medical Centre - GPs

BULK-BILLED FOR STUDENTS WITH MEDICARE CARD.

GPs can discuss management of mental health problems. Bulk billing available for students with a Medicare card. Direct billed to OSHC.

Phone: (+61 8) 6488 2118

Website: [bit.ly/uwamedcentre](http://bit.ly/uwamedcentre)

Location: 2nd Floor, South Wing, Guild Village

### UniAccess - Disability Services

Provides practical assistance for study and exams to students who have a disability or medical condition.

Phone: (+61 8) 6488 2423

Website: [bit.ly/uwauniaccess](http://bit.ly/uwauniaccess)

Location: 1st Floor, Student Central

### UWA Equity & Diversity

Ensures that UWA provides an equitable and inclusive environment for all staff, students and the broader community.

Phone: (+61 8) 6488 3873 - Office Coordinator

Website: [bit.ly/uwaequity](http://bit.ly/uwaequity)

Location: 1st Floor, Ken and Julie Michael Building

### UWA Campus Security

If anyone is in danger, ensure your own safety, seek support from others, and call UWA Campus Security.

Phone: (24 hours) 2222 from a landline on Crawley campus, otherwise (+61 8) 6488 2222 - or 1800 655 222

(a free call from public phones).

Website: [bit.ly/uwasecurity](http://bit.ly/uwasecurity)

## LOW-COST (PAID) SERVICE

### UWA Counselling & Psychological Services

Professional, confidential service free of charge to UWA students. UWA's counsellors are here to help students manage personal and academic concerns so they can continue to succeed with their studies.

Phone: (+61 8) 6488 2423

Website: [bit.ly/uwacaps](http://bit.ly/uwacaps)

Location: 1st Floor, Student Central

### UWA Eating Disorders Service

Provides treatment for a range of eating disorders. Referral from a GP or Psychiatrist required. At times, low cost or free treatment as part of participation in a group program or clinical research trial is offered.

Phone: (+61 8) 6488 2644

Website: [bit.ly/uwaeds](http://bit.ly/uwaeds)

Location: Robin Winkler Clinic, 1st Floor, General Purpose Building 3

### UWA Medical Centre - Mental Health Nurse

Available upon referral from a GP at the UWA Medical Centre.

Phone: (+61 8) 6488 2118

Website: [bit.ly/uwamedcentre](http://bit.ly/uwamedcentre)

### Robin Winkler Clinic

Low-cost therapy appointments on campus. No GP referral needed.

Phone: (+61 8) 6488 2644

Website: [bit.ly/uwarwc](http://bit.ly/uwarwc)

Location: 1st Floor, General Purpose Building 3

## POLICIES, HANDBOOKS AND ONLINE COURSES

### UWA Health Promotion Unit: e-Chug

This quick, confidential online alcohol self-assessment provides a personalised snapshot of the risks and costs associated with your current alcohol consumption, including physical and mental health, genetics and financial burden.

Phone: (+61 8) 6488 3173

Website: [bit.ly/uwaechug](http://bit.ly/uwaechug)

### UWA Health Promotion Unit - Mental Health First Aid Course

A 2-day internationally accredited training program. Participants develop understanding of common mental health problems and strategies to support people developing mental health problems or in a mental health crisis until appropriate professional treatment is received.

Phone: (+61 8) 6488 3173

Website: [bit.ly/uwamhfcourse](http://bit.ly/uwamhfcourse)

### UWA (University) Policy on Mental Health

This policy describes the principles guiding the University's management of mental health and wellbeing for the campus community.

Website: [bit.ly/uwamentalhealth](http://bit.ly/uwamentalhealth)

### UWA Mental Health Emergency On Campus

A handy flowchart showing what to do in the event of a mental health emergency on campus.

Website: [bit.ly/uwamhemap](http://bit.ly/uwamhemap)

#### IN CASE OF A MENTAL HEALTH EMERGENCY ON CAMPUS: IS ANYONE IN DANGER?

Call Campus Security (24 hrs)

6488 2222 or 1800 655 222 (freecall from public phone)

Security can arrange for emergency services to come onto campus.

#### DO YOU NEED OUTSIDE ASSISTANCE IMMEDIATELY?

Call Mental Health Emergency Services (24 hrs) - 1300 555 788

Immediate telephone response from mental health professional.

#### Crisis Care (24 hrs) - 9223 1111

For urgent, serious issues e.g domestic violence, child welfare, homelessness, family conflict, counselling.

#### Lifeline - 13 11 14

For urgent crisis response to suicide or other mental health issues.

Visit the Mental Health Emergency Map for more info: [bit.ly/uwamhemap](http://bit.ly/uwamhemap)