



THE UNIVERSITY  
of ADELAIDE

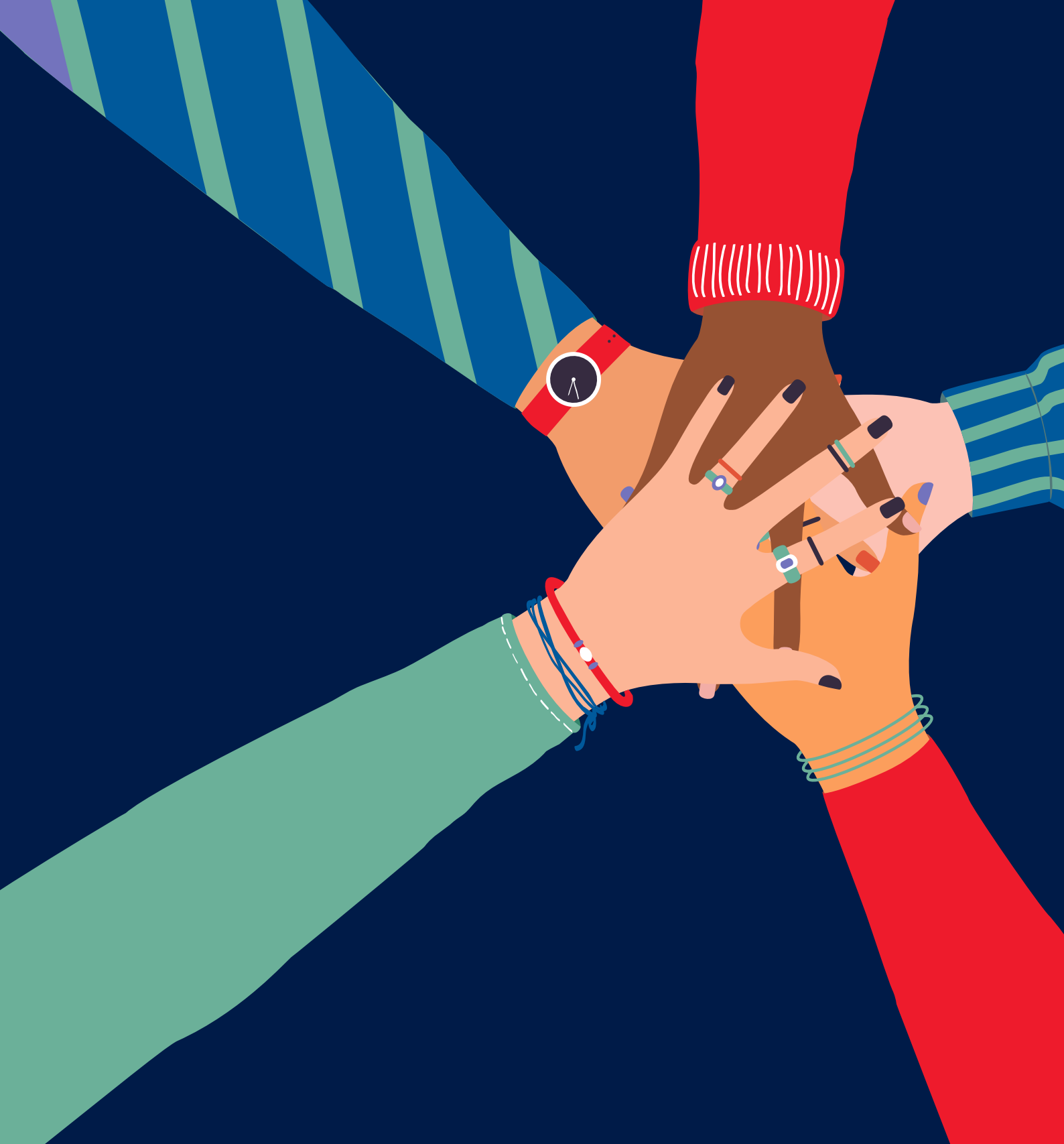
2022

# International students

Wellbeing for uni life



make  
history.



Wellbeing consists of our mental, physical, emotional and social health, so there are lots of things we can do to support it.

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# Welcome

Leaving home to pursue study in another country is an exciting step into your future. But as with any big change, it can also be daunting.

There are lots of things to learn – another language, culture and way of learning. It takes time to adjust and for things to become familiar. It's really normal to feel some apprehension, nervousness or worry. You may be starting university for the first time and discovering what it means to be a uni student. Or you may have started your study remotely and be coming to campus for the first time.

Whatever your situation, we are here to help you look after your wellbeing so you can get the most from your experience at the University of Adelaide. This is a time to make friends, discover new things about yourself and build a toolkit of resources that help you stay well as you study.

If you feel unsure about when to ask for help, see page 4 to find an easy and simple way to check in with yourself around a few key wellbeing areas.

If you want to find out more, check out the Wellbeing Hub for support services and self-help resources. You can also connect with our student blog and find out about wellbeing events happening around campus all year long.





# What is mental health and wellbeing?

Wellbeing doesn't mean never facing challenge or difficulty.

It's a combination of a person's physical, mental, emotional and social health. In other words, when our wellbeing is good, we are generally doing things that are important to us, looking after ourselves and connecting with people we care about.

If things are difficult or stressful in our lives for a longer period, eating well, exercise and connecting with friends can feel more challenging. Feeling anxious, sad or overwhelmed is really normal when we face new situations. But if after doing fun activities or talking to friends these feelings don't pass, our mental health might need some attention.

## SOURCES

World Health Organisation <https://www.who.int/data/gho/data/major-themes/health-and-well-being>

Beyond Blue (2020) <https://www.beyondblue.org.au/the-facts/what-is-mental-health>

# How do I know if I need help?

When we fall and break a leg, we get help immediately. But it can be harder to know when to seek help for our emotional health.

Leaving home and starting uni are exciting changes, so it can be unexpected when we feel sad or worried. If these feelings mean we connect less with our friends for support, or avoid going out to try new activities, it's good to ask for help.

If you feel unsure about when to ask for help, here is an easy and simple way to check in with yourself around a few key wellbeing areas. This can be a great way to plan useful steps and know when it's time to ask for help.



- Have you been feeling more stressed, anxious or sad this week?
  - Have you been worrying about situations more than usual?
  - Have you been sleeping more or less than usual?
  - Are you doing things you wouldn't usually do, like drinking alcohol or taking drugs?
  - Have you been acting differently towards people, like arguing, struggling to concentrate or avoiding contact with them?
  - Have things you normally like doing been less enjoyable?
  - Have you been eating more or less than usual?
  - Have you noticed feeling differently in your body, like tight shoulders, dry mouth or racing heart?
- If any of these statements describe how you are feeling, there are lots of things you can do now and as semester progresses to help you feel better.

## SOURCES

The Black Dog Institute - [https://www.blackdoginstitute.org.au/wp-content/uploads/2020/04/Black-Dog-Institute\\_Weekly-mental-health-check-in\\_Coronavirus.pdf](https://www.blackdoginstitute.org.au/wp-content/uploads/2020/04/Black-Dog-Institute_Weekly-mental-health-check-in_Coronavirus.pdf)

Beyond Blue <https://www.beyondblue.org.au/the-facts/anxiety-and-depression-checklist-k10>

# Things I can do

Wellbeing consists of our mental, physical, emotional and social health, so there are lots of things we can do to support it.



## Focus on small activities

Doing one small thing we enjoy every day can bring some easy familiarity that helps boost our mood. Getting outside for a walk, spending time in nature or enjoying some familiar food can all help.



## Get the sleep you need

Sleep is really important for concentration and focus, so good sleep habits are a great study tool. But sleep also helps us manage our feelings more effectively. Some evidence-based strategies that will help include getting up at the same time every day, or avoiding using devices before you go to bed.



## Move your body

Exercise is great for your physical and mental health. It releases some important 'feel good' chemicals, like endorphins and serotonin. Getting active can also increase our chances of meeting others, thus reducing loneliness and isolation. There are lots of beautiful spots and vibrant clubs at uni that can support you to find fun ways to move and keep active.



## Find your community

Finding people to connect with is a great way to build a sense of belonging. With a diverse and active uni community on campus and online, there is something for everyone.

Everyone feels nervous at first, so take that first step: go to an activity or club event and tell your friends back home about it.



## Drink water and eat well

Although our appetite might change when we feel worried or in turmoil, eating and drinking enough water helps us stay hydrated and gives us energy to do activities we enjoy. Eat foods that help you feel well.



## Give yourself time

Moving country is a major life transition and it can be exhausting both physically and emotionally. It's OK to have second thoughts or feel incredibly homesick.

Think about how you might encourage a friend who was feeling worried or overwhelmed. Take time to show yourself the same kindness and understanding.



## Ask for help

You don't need to wait until you have been feeling low or anxious for months to ask for help. If you have tried the activities suggested and you still don't feel like yourself, reach out and talk to an experienced and trusted professional here on campus, or through one of the helplines provided at the end of the toolkit.

Things often improve faster when we ask for help early.





# Who can I go to for help?

Talking through issues with a counsellor or psychologist can be a great step towards overcoming challenges and restoring wellbeing.

## **Uni Counselling Service**

As a University of Adelaide student, you can access free and confidential short-term professional counselling support through our Counselling Service. If you would like to arrange a session, register here and a member of the team will contact you soon: <https://www.adelaide.edu.au/counselling/access-counselling>.

## **Your doctor general practitioner**

General practitioners (GPs) can offer you support around physical wellbeing and also refer you to a psychologist for help. As an international student, you may be able to access psychological support using your Overseas Student Health Cover. OSHC may pay for some of the consultation fee—often called the ‘gap’—allowing you more flexibility in finding psychological help. Private psychologists can be accessed directly by contacting their office for an appointment or through your GP.

For more information on OSHC and the Australian health care system, check out the resources here: <https://international.adelaide.edu.au/preparing-to-arrive/health-cover>

## **To access a psychologist through your GP**

You should ask for an extended consultation to give you and your GP time to talk through the best option.

Your GP will complete a Mental Health Care Plan with you. This helps summarise your worries and plan what kind of support will be of most use. This plan also allows your GP to refer you to a psychologist who will work with you to develop skills and strategies to support your mental health.



# Need urgent help?

If you or someone you know is hurt or in immediate danger, you need to take action.

**Call 000  
for Police,  
Ambulance or  
Fire Service**

**If you are worried about your immediate mental wellbeing go to your nearest hospital emergency department.**

Contact Mental Health Triage (SA) (24 hours a day, 7 days a week) on **13 14 65**.

If you are in another state please call the nearest major hospital. They will connect you with the local mental health service.

If you are outside Australia please contact your local emergency or crisis services, or a local hospital.

## University Crisis Line

For after-hours crisis support service for University of Adelaide students:

Call 1300 167 654 or text +61488884197

Weekdays 5pm - 9am, weekends and public holidays 24hrs

Offshore students: use the text number above for contacting the University Crisis Line during the designated hours.

# Wellbeing resources

The Wellbeing Hub has lots of great resources on a range of wellbeing topics, including stress, body health, relationships and study tips. Check it out today: <https://www.adelaide.edu.au/student/wellbeing>

You may also want to enrol in Being Well, Living Well, a self-paced wellbeing program for all students on MyUni: <https://myuni.adelaide.edu.au/enroll/MJ6CM6>

## Connect with others

Talk Campus is an online peer support app that connects you to network of students around the world to support your wellbeing. You can download it here: <https://www.adelaide.edu.au/student/wellbeing/getting-support/talk-campus>

## Telephone support lines

If you feel worried or stressed and want to talk it through:

**Headspace** 1800 650 890 (8.30am-12.30am, 7 days)

**Beyond Blue** 1300 22 4636 (24/7)

**Lifeline** 13 11 14 (24/7)

**Relationships Australia** (ASK Peace) 08 8245 8110 (Mon-Fri, 9-5pm).  
Interpreter service available.

## Online wellbeing resources

**Beyond Blue** <https://www.beyondblue.org.au>

**Headspace** <https://www.headspace.org.au>

**Links to Wellbeing** <https://www.letss.org.au>

**Moodgym** <https://moodgym.com.au>



## Further enquiries

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**web** [adelaide.edu.au](http://adelaide.edu.au)

**facebook** [facebook.com/uniofadelaid](https://facebook.com/uniofadelaid)

**twitter** [twitter.com/uniofadelaid](https://twitter.com/uniofadelaid)

**snapchat** [snapchat.com/add/uniofadelaid](https://snapchat.com/add/uniofadelaid)

**instagram** [instagram.com/uniofadelaid](https://instagram.com/uniofadelaid)

**wechat** [UniversityOfAdelaide](https://UniversityOfAdelaide)

**weibo** [weibo.com/uniadelaide](https://weibo.com/uniadelaide)

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### **Kaurna acknowledgement**

We acknowledge and pay our respects to the Kaurna people, the original custodians of the Adelaide Plains and the land on which the University of Adelaide's campuses at North Terrace, Waite, and Roseworthy are built. We acknowledge the deep feelings of attachment and relationship of the Kaurna people to country and we respect and value their past, present and ongoing connection to the land and cultural beliefs. The University continues to develop respectful and reciprocal relationships with all Indigenous peoples in Australia, and with other indigenous peoples throughout the world.