

Wellbeing at Deakin – how to thrive as an international student

At Deakin, we know that wellbeing is essential to your study success and living a balanced, fulfilling life.

Everyone experiences difficult times and it's usual to feel stressed, worried, sad, or overwhelmed during these times. Sometimes these feelings can continue and affect important parts of your life – like your studies, relationships, or physical health. When this happens, it's important to reach out for help.

How you view your own wellbeing is influenced by your past experiences including cultural attitudes and knowledge. At Deakin, we are aware of the diversity of understanding about wellbeing, in particular mental health and wellbeing. We value and respect these differences, and we are here to help you find support in a way that works for you.

Asking for help shows courage. Reaching out early can make a big difference for you and for the people close to you.

If you need urgent help

If you or someone you know is at immediate risk of harm, please call 000 (Emergency Services) or Lifeline on 13 11 14.

How Deakin can support you

1. Speak to a professional

- **Deakin Counselling and Psychological Support (CAPS)** – Free, inclusive and confidential support for all students delivered by psychologists and mental health social workers. You don't have to be mentally ill to benefit from counselling. The team are here to help you thrive. Book online or call 92445577.
- **Deakin Medical Centre** – Free, accessible, confidential, and inclusive medical services for students, provided by qualified and experienced medical doctors and nurses. The team are here to support your physical and mental health.
- **After Hours Mental Health Support Line** – If you need emotional support during times that the University services are not open, the After-Hours Mental Health Support line is available between 5pm - 9am weekdays, and 24hrs across weekends, public holidays and University closures. Call 1300 239 002, Text 0485 829 309.

2. Support at home and in your community

- Talk to someone you trust – a friend, family member, mentor, teacher, religious or community leader.
- Make time for activities that bring you joy and meaning – sport, art, music, volunteering, faith, or cultural activities.
- Look after your physical health – aim for regular sleep, balanced diet, and movement each day.
- Learn more about your mental health – Deakin offers [online resources](#) including our DeakinWELLBEING app, workshops, and events to help you understand and manage your wellbeing.

Your privacy matters

All counselling and mental health services at Deakin are private and confidential. This means that anything you talk about will not be discussed with anyone, including the University and your parents without your consent, unless there is a serious risk to your safety or the safety of others.

Find out more and get support:

- **Contact Deakin Health and Wellbeing Services:**
deakin.edu.au/hwb
- **After-Hours Mental Health Support Line:** Call 1300 239 002 or Text 0485 829 309
deakin.edu.au/healthandwellbeing

Emergency and crisis information:

- **Emergency and crisis help** – 000
- **Lifeline** – 13 11 14
- **Beyond Blue** – 1300 22 4636
- **SuicideLine** (Victoria only) – 1300 651 251

迪肯大学身心健康指南：活出蓬勃人生

在迪肯大学，我们深知良好的身心健康对于学业成功至关重要，也影响着学生是否能过上平衡且充实的生活。

人人都会经历艰难时刻，而在这些时候感到压力、焦虑、悲伤或不堪重负十分正常。有时，这些情绪会持续存在，并影响着生活的重要方面，比如学业、人际关系或身体健康。当这种情况发生时，寻求外部帮助就变得十分重要。

人们对自身身心状态的理解会受到过去经历（包括文化观念和认知）的影响。在迪肯大学，我们深知大家对身心健康理解存在多样性，尤其是在心理健康和福祉方面。我们珍视并尊重这些差异，同时致力于以最适合您的方式提供相应支持。

主动寻求帮助是勇气的体现，及早求助对您和身边的人都能产生重大的积极影响。

如需紧急帮助

如您本人或您认识的人正面临直接伤害风险，请立即拨打 000（紧急服务）或生命线 Lifeline 13 11 14。

迪肯大学如何提供支持

1. 专业支持

- **迪肯心理咨询与心理支持服务(CAPS)** – 由心理学家和心理健康社工为全体学生提供的免费、包容且保密的支持服务。即使不受心理疾病困扰，您也可以使用心理咨询服务并从中受益。我们的团队旨在助您健康发展。可通过在线或拨打 9244 5577 进行预约；
- **迪肯医疗中心** – 由资质完备且经验丰富的医护人员提供免费、便捷、保密且包容的医疗服务，致力为您维持身心健康提供所需支持；
- **非工作时段心理健康支持热线 (After Hours Mental Health Support Line)** – 若在大学服务时间段外需要情绪支持，可联系非工作时段心理健康支持热线。该热线服务时间为工作日下午 5 点至次日凌晨 9 点，周末、公共假日及大学闭校期间 24 小时开放。如需使用该服务，请致电 1300 239 002，或发送短信至 0485 829 309。

2. 家庭或社区支持

- 与自己信任的人沟通 – 例如：朋友、家人、辅导员、老师、宗教或社区领袖；
- 留出时间，进行让您感到快乐和有意义的活动 – 例如：运动、艺术、音乐、志愿服务、信仰或文化活动；
- 关注自己的身体健康 – 力求保持规律的睡眠、均衡的饮食和适当的每日运动；
- 了解更多关于心理健康的知识 – 迪肯大学提供一系列[在线资源](#)，包括 DeakinWELLBEING 应用程序、研讨会和各类活动，帮助您更好地理解并管理自己的身心健康。

您的隐私至关重要

迪肯大学提供的所有心理咨询及心理健康服务均为私人及保密服务。除非所讨论的内容对您或他人的安全构成严重风险，否则在未经您同意的情况下，不会向任何人透露，包括学校及您的父母。

了解更多支持信息

- **联系迪肯健康与福祉服务：** deakin.edu.au/hwb
- **非工作时段心理健康支持热线：** 致电 1300 239 002 或发短信至 0485 829 309

deakin.edu.au/healthandwellbeing

紧急情况与危机支持：

- **紧急情况求助 – 000**
- **生命线 Lifeline – 13 11 14**
- **Beyond Blue 热线 – 1300 22 4636**
- **SuicideLine 热线（仅限维州）– 1300 651 251**

deakin.edu.au/emergency-and-crisis