



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 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

迪肯大學關注學生福祉，助您茁壯成長

迪肯大學深明良好福祉，是達致學業成功及實現平衡充實生活的關鍵。

人人都會經歷艱難時刻，在這些時候感到壓力、憂慮、悲傷或不堪重負，實屬正常。惟有時這些情緒可能持續，並影響您生活中的重要層面，例如學業、人際關係或身體健康。出現這種情況時，及早尋求協助尤為重要。

您對身心健康的看法，往往受個人過往經驗所影響，包括文化觀念與相關知識。迪肯大學明白，不同文化背景對身心健康，特別是心理健康與福祉的理解各有差異。我們重視並尊重這些多元觀點，並致力協助您以最合適自己的方式尋求支援。

尋求協助是勇氣的展現。及早求助不僅能為您帶來重要的改變，亦能為身邊的人帶來正面影響。

如需緊急協助

若您本人或身邊人士正面臨即時危險，請立即致電 000（緊急服務）或 Lifeline 熱線 13 11 14。

迪肯大學的支援服務

1. 與專業人員傾談

- **迪肯大學輔導及心理支援服務（Counselling and Psychological Support，簡稱 CAPS）**——由心理學家及精神健康社工組成的專業團隊，為所有學生提供免費、保密且具包容性的支援服務。即使您當下並未經歷心理健康問題，仍能從輔導中受益，團隊將致力協助您全方位成長。相關服務可於網上預約，或致電 9244 5577。
- **迪肯大學醫療中心（Deakin Medical Centre）**——由具認證資格、經驗豐富的醫生及護士為學生提供免費、便捷、保密及具包容性的醫療服務，全面支援您的身心健康。
- **非辦公時間心理健康支援熱線（After Hours Mental Health Support Line）**——若在大學服務未開放的時段需要情緒支援，歡迎致電此熱線。熱線服務時間為星期一至五下午 5 時至翌日早上 9 時，週末、公眾假期及大學休假期間則全天候 24 小時提供支援。相關服務請致電 1300 239 002 或發送短訊至 0485 829 309。

2. 家庭與社區支援

- 與信任的人傾談——選擇與朋友、家人、導師、老師、信仰團體成員或社區領袖聊聊。
- 投入令您感到快樂與有意義的活動——例如運動、藝術、音樂、義工服務、信仰或文化活動。
- 照顧身體健康——保持充足睡眠、均衡飲食，並每天進行適量運動。
- 加深對心理健康的瞭解——迪肯大學提供多項[網上資源](#)，包括 DeakinWELLBEING 應用程式、工作坊及活動，協助您認識及照顧個人身心健康。

您的私隱絕對保密

迪肯大學提供的所有輔導及心理健康服務均會嚴格保密。這表示您所分享的任何內容，除非對您本人或他人安全構成嚴重風險，否則在未經您同意的情況下，不會向任何人透露，包括大學職員或您的家人。

更多資訊及尋求支援途徑：

- **聯絡迪肯大學健康與福祉服務（Deakin Health and Wellbeing Services）：** deakin.edu.au/hwb
- **非辦公時間心理健康支援熱線：**致電 1300 239 002 或發送短訊至 0485 829 309

deakin.edu.au/healthandwellbeing

緊急及危機支援：

- **緊急事故及危機協助：**000
- **Lifeline 熱線：**13 11 14
- **Beyond Blue 熱線：**1300 22 4636
- **[SuicideLine](#)**（只限維多利亞州）：1300 651 251

deakin.edu.au/emergency-and-crisis