The above video was an initiative started by the Disability Support Officer, Jack Crane, for Mental Health Month in 2016. Focusing on wellbeing, we wanted to broaden the goals to increase awareness at UNSW not just for Mental Health Month but throughout the year and ongoing. This, in turn, raises awareness and support for students who experience mental ill-health.

Disability Services is here to support students whether their condition is permanent, episodic or temporary and we understand that mental health doesn’t fall into one neat box.

If you would like to talk more about support provided to students with diagnosed or undiagnosed mental health condition please contact Disability Services.

**Contact a Disability Advisor**

Phone 9385 4734

Email disabilities@unsw.edu.au

[More contact details](https://student.unsw.edu.au/disability-mental-health)