If you’re stressed, worried, or concerned about any aspect of your mental health and wellbeing, we have resources on campus to help.

The UNSW Health Service and Counselling and Psychological Services can help you if you need to talk to someone about your mental health and wellbeing. All appointments with us are free and completely confidential and we do not share records with the University.

Signs that someone is in need of mental help.

Emergency / Urgent Help

If you are with someone who has attempted or is at immediate risk of harm to themselves or others, call 000.

Urgent Help

NSW Mental Health Access Line - 1800 011 511

Staffed by mental health professionals, the line provides access to expert mental health advice, support and referrals for people dealing with a mental health problem and their families and carers. If necessary, they can put you in contact with the local mental health crisis or acute care team who can arrange to see you face-to-face.

Medibank 24/7 Student Health and Support Line – 1800 887 283

For students with Medibank Overseas Student Health Cover, support includes medical assistance from a registered nurse, stress and trauma counselling services, emergency legal advice. Available 24hrs a day, 7 days a week.

Suicide Call Back Service - 1300 659 467

The Suicide Call Back Service provides crisis counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide. People who are connected with current professional support can also access up to six sessions of ongoing counselling with the same counsellor at scheduled times.
Lifeline - 13 11 14

Anyone across Australia experiencing a personal crisis or thinking about suicide can contact Lifeline for support.

MensLine Australia - 1300 78 99 78

For men of any age who would like support, information or referral to assist them to deal with relationship problems in a practical and effective way.

Closest Emergency Department to UNSW Kensington: Prince of Wales Hospital Emergency Department 24/7. Barker Street, Randwick, NSW 2031. 9382 2222

On campus help and support

Counselling and Psychological Services [CAPS]

Counselling and Psychological Services offers a free counselling service to enrolled students who need support for mental health and wellbeing concerns. [CAPS] team of counsellors and psychologists have extensive experience in working with students and are located at Kensington, Paddington and NIDA campuses. For more information about how to book an initial appointment, individual counselling, programs workshops and seminars, and self-help resources see the [CAPS] website or call on 9385 5418.

The Health Service

Our team of GP’s have experience in discussing mental health and wellbeing concerns with students and can initiate treatment or refer you to additional support if required. They are able to provide treatment plans, referrals to psychologists off site, Mental Health Care Plans (MHCP), and can give general mental health advice. We also have a Mental Health Nurse and two Psychiatrists onsite who are available for one-on-one consultations.

Please call: 9385 5425 to book an appointment. There is no out-of-pocket cost to see the Mental Health Nurse or a GP for UNSW students. For more about the Mental Health Nurse and make an appointment; click here.

For more info about Mental Health Care plans, click here or to find a Psychologist near you, click here. Please note: a referral from a GP is needed to see a psychologist or Psychiatrist.

Psychology Clinic

Psychology Clinic is staffed by postgraduate students studying clinical psychology at UNSW who are provisionally registered psychologists. It is open to the public and there is a small fee to use the service.

Additional on campus support

You can also discuss any concerns you may have around your uni work or broader challenges affecting uni work with:

Nucleus or Student Support Advisors
For more information about mental health please go to the Mind Hub

Off campus 24/7 telephone and online chat support

**Beyond Blue**: Confidential chat online or on the phone 24/7. Telephone: 1300 22 4636

**HEADSPACE**: HEADSPACE provides information, support and access to counselling. [Talk to e-Headspace](https://www Headspace.com)

**REACH OUT**: Reach Out helps with information, support, tools and stories on everything from finding your motivation, through to getting through really tough times. Check out the site or connect with others in the [forums](https://www.headspace.com/for-you/fit)

**Lifeline** - Lifeline, a website and chat space to get help when things are tough. You can ring on: 13 11 14. Anyone experiencing a personal crisis or thinking about suicide can contact Lifeline for support.

**NSW Mental Health Access Line** - 1800 011 511. Staffed by mental health professionals, the line provides access to expert mental health advice, support and referrals for people dealing with a mental health problem and their families and carers. If necessary, they can put you in contact with the local mental health crisis or acute care team who can arrange to see you face-to-face.

**Medibank 24/7 Student Health and Support Line** – 1800 887 283. For students with Medibank Overseas Student Health Cover, support includes medical assistance from a registered nurse, stress and trauma counselling services and emergency legal advice. Available 24hrs a day, 7 days a week.

For more information about mental health please go to Mind Hub

UNSW MindHub - Life is full of ups and downs, learn more how to navigate the tough times with Mind Hub.