Learn to navigate the ups and downs of uni life with Mind Smart:

Self-help videos and guides
Mind smart

Mental wellbeing

Sleep
Sleep plays a really important part in maintaining our mental health. To learn more about sleep read here.

Loss and grief
Learn more about **loss and grief** here. The **Australian Centre for Grief and Bereavement** also has information which may be helpful.

**More resources**

Anger, Anxiety, Alcohol and drugs, Bullying, Depression, Eating disorders, Psychological literacy, Psychological flexibility, Psychotherapy, Relationships, Resilience, Self esteem, Sexuality, Suicide/self harm, Trauma, Wellbeing, Writing to support health and resilience.

**Study tips**

Learn to study at university, Motivation and goals, Procrastination, Stress, Time management, Facebooking.

**Bullying and anti-discrimination**

LGBTQI, Bullying.

**Counselling Newsletters**