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