

Needing Help?

Studying in the university is a great opportunity for personal development and enhancement of well-being. Well-being is not only the absence of illness or discomfort, but also the experience of satisfaction and pleasure in life. The university life provides opportunities for a range of [physical](#) and [social](#) activities. The university also provides an opportunity for [enhancing personal skills](#) such as assertiveness training and how to manage your time more efficiently and with less stress.

Life transitions may also be associated with increased stress, anxiety and other emotional difficulties. Sometimes these experiences lead to an uncharacteristic change in our behaviours such as spending too much time on our own, having difficulty sleeping, smoking and drinking too much, having difficulty concentrating, worrying excessively about things and feeling guilty about relaxing.

When such changes occur and seeking help from friends and family does not seem to help, you may consider seeking more help and information from mental health professionals. Additional information can be easily accessed by phone

- [Lifeline](#) Tel: 131114
- [Melbourne Uni Counselling Services](#) Tel: 8344 6927 or 8344 6928
- [OCD & Anxiety Helpline](#) Tel: 03 9576 247
- [University of Melbourne Psychology Clinic](#) Tel: 8344 5572

You may like to check out the following sites as well:

[Anxiety Disorders Association of Victoria](#)

[Panic, Anxiety and Depression Assistance](#)

[Turning Point](#)

[Student & Academic Services](#)

[APS: Find a Pscyhologist](#)

[Mental Health Foundation of Australia](#)