

COUNSELLING

TAKING CARE OF YOUR MENTAL HEALTH AT HOME

We hope you are all keeping well at home.

Just to let you know Counselling is still available via phone or video call.

If you are feeling stressed, anxious or experiencing any other personal or psychological

problem, please make an appointment using the counselling portal: <https://counselling.monashcollege.edu.au>

COUNSELLING HOURS

Monday - Friday, 9:30am - 4:30pm

AFTER-HOURS TELEPHONE COUNSELLING

1300 788 336

TIPS TO LOOK AFTER YOUR MENTAL HEALTH AT HOME



Stay connected with family members, friends & classmates via telephone, email or social media



Do things that help you relax



Maintain normal daily routines such as study, eating, sleeping & exercise



Limit your exposure to news & media on COVID-19 and seek accurate information from reliable sources



Reach out for help if you need it

USE THIS TIME STUDYING AT HOME TO DO ACTIVITIES YOU DON'T USUALLY HAVE TIME FOR SUCH AS:

- Organise closets & drawers
- Organise your old photos
- Delete old emails
- Clean up your phone
- Binge watch a favourite show or watch movies
- Colour / draw / paint
- Read a book
- Learn a new language
- Try a new recipe
- Take an online course that interests you
- Develop a new skill
- Play or listen to music
- Learn a new dance move
- Call people you haven't talked to in a long time
- Start a gratitude journal

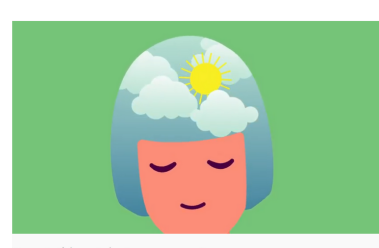
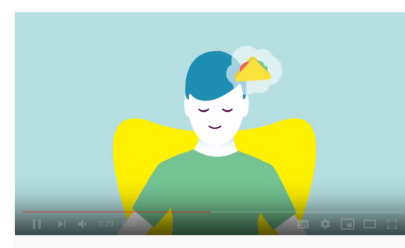
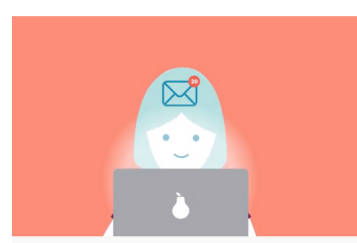
TAKE REGULAR BREAKS FROM STUDY & TAKE CARE OF YOURSELF

Smiling Mind



Download the app for short mindfulness exercises

Want to learn about Mindfulness? Watch these videos:



Online Youth Mental Health Support

Mood Gym

moodgym

Beyond Blue



Headspace

headspace