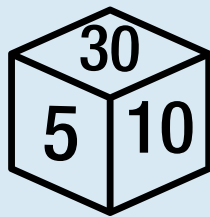


# Calm Room

This space is a retreat to use when you are overwhelmed, distressed or over-stimulated.

## WHEN ENTERING

- Display **DO NOT DISTURB** door sign
- Register on the iPad
- Set 30 minutes on Timer Cube
- Use strategies to self-calm
- For more self-calming ideas see the folder on the desk



## WHEN LEAVING

- Return items to their places
- Leave the room tidy
- Display **ROOM AVAILABLE** door sign



This is not a study space.  
There are other places on campus for study.



## IMPORTANT

- No food
- Only 1 person in the room
- 30 minutes maximum per visit
- Counsellors may enter the room to see if you need support
- Your information is kept private
- Book a counselling appointment via the QR Code



## FOR URGENT HELP

- With 2 fingers press the **red duress buttons** by the swing chair
- Security staff will attend



## IN THE CASE OF AN EMERGENCY

- Leave the room
- Seek help from and follow instructions of the Wardens wearing yellow vests



## PERSONAL EMERGENCY EVACUATION PLAN (PEEP)

- If you will need specific assistance during campus evacuations, staff can develop your PEEP
- Email staff at:  
[OHS@monashcollege.edu.au](mailto:OHS@monashcollege.edu.au)

# Calm Room

This space is a retreat to use when you are overwhelmed, distressed or over-stimulated.

## WHEN ENTERING

- Register on the iPad in the Calm Room
- Display the door sign



## ROOM USE

- Only 1 student in the room at any time
- 30 minutes maximum per visit
- If the Calm Room is being used by another student, use the Calm Corner in the waiting area.



This is not a study space. There are other places on campus for study.



Counselling appointments can be booked via the QR Code

