

Student Counselling Service 2011

Healthy Minds at Vic

Healthy Minds at Vic is one of the initiatives within the Healthy Campus Strategy which aims to support the mental, physical, spiritual and social wellbeing of staff and students at Victoria. During 2011 the Counselling Service is focussing on positive approaches to the mental wellbeing of students and staff.

Individual Counselling for Students

- Available at all four campuses
- For any issue affecting your personal or academic wellbeing
- Confidential
- Crisis and brief appointments available each day
- Specialist Maori and International students counsellors
- Referrals to Vic GPs and Psychiatrist

To contact the Counselling Service:

Tel: 04 463 5310

Email: counselling-service@vuw.ac.nz

Visit us at: Mauri Ora, level 1, Student Union Building, Kelburn Campus.

Healthy Minds at Vic - Mental

Health Awareness Training for Staff:

Two hour workshops for staff that will:

- help you to assist someone with mental health concerns before they get professional help.
- Identify mental health risk factors
- Strategies to intervene early
- Dealing with challenging situations
- Identify local resources for help

Staff concerned about students:

Contact our Mental Health Coordinator if you have any concerns about a student.

Group programmes for students:

- Weekly meditation classes
- Relaxed and Focussed
- Reduce stress, stop procrastinating
- Presenting yourself confidently
- Develop confidence & assertiveness
- Womens group
- Bodysense group (eating and food)

Lifting our Spirits Programme:

Health/Counselling/Recreation Centre supported exercise programme for students with low mood and motivation.

Watch for our regular wellbeing column in Salient and for guest public lectures and symposia throughout the year.