

Counselling for Mental Health Wellbeing

Dear Student,

Greetings from Albright Institute of Business and Language.

We want to help you to focus on mental health every day of the year.

Taking the time to prioritise our mental health and well-being has never been more important. The good news is that making small, practical and straightforward changes in our day can make a noticeable difference to our mood and mental health.

Our mental health and well-being are based around our six pillars of well-being:



1. Emotional



2. Health



3. Relationships



4. Work



5. Home and family



6. Financial

We all know how difficult it is to achieve our best and cope with general life when we're going through a tough time. It may surprise you that statistically, one in five of us is likely to be experiencing a mental health condition right now.

Your well-being is important to us – it's part of our commitment to you.

We are sympathetic to your addressed situation, and we feel deeply sorry for this.

As an International student, you can access specialist input on a wide range of personal, academic, social and physiological issues that may impact your life.

We also have an **Assure Programs psychologist** (external specialist) that might be able to counsel you over the phone. Please let them know that you are a student of **Albright Institute - 1800 808 374**.

In a life-threatening danger, please contact **Australian emergency services on 000** (triple zero). In a crisis, call **Lifeline Crisis Hotline on 13 11 14**.

Lifeline Crisis Hotline will be able to help with a range of problems you may be facing, such as:

- Feeling anxious in certain situations
- Depression
- Grief
- Stress due to balancing the demands of family, study and employment
- Traumatic events (recent or older)
- Pre-existing mental health concerns
- Adjusting to a different culture and language
- Loneliness
- Or anything else that may be distressing or bothering you

There are many services in the Australian community that may be useful to you. One of the most appropriate is to access a **Mental Health Care Plan** through your Doctor. If you would like to book an appointment with a General Practitioner or any other doctor, kindly contact your Overseas student health cover (OSHC) provider.

Mental Health Services infographic, for your kind reference.

Please remember, you are NOT ALONE.

Regards,
Student Services
Albright Institute of Business and Language

Student services



www.albrightinstitute.edu.au

MEL. Level 2, 4 & 8, 341-345 Queen St, Melbourne, VIC 3000

SYD. Ground, Level 2 & Level 3, 10 Quay St Haymarket NSW 2000

ADE. Level 5 & 14, 90 King William St. Adelaide, SA 5000

BRIS. Level 6, 15 Adelaide St. Brisbane City, QLD 4000

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