

Tuesday Workshops

Learn strategies to be at your best and get things done. No registration required.

Special Interest Workshops

Connect and learn with others in our diverse community.

Wellbeing Workshops

Gain knowledge and learn skills to build resilience, and better manage stress and anxiety.

Mental Health First Aid Training

Learn to assist those with mental health problems.

International Student Workshops

Supporting international students to build social connections in their new environment.

Webinars and Online Resources

Access online resources, self-help programs, and webinars to improve your mental health and wellbeing.

Online registration required

Visit the Counselling & Psychological Services (CAPS) website for more information.

services.unimelb.edu.au/counsel

Tuesday Workshops

Enhance Your Academic Performance

1-2pm
Stop 1, Level 1, Room 109

TUE 06 AUG Life skills to improve your motivation and performance.

Overcoming Procrastination

TUE 13 AUG Explore ways to stay on track and get things done.

Creating Social Connections

TUE 27 AUG Feel more confident and connected in social situations.

Optimising Focus and Attention

TUE 03 SEP Train your attention, build concentration, remain calm and focused under pressure.

Assertive Communication

TUE 17 SEP Learn to express yourself more clearly and confidently.

Special Interest Workshops

Studying on the Spectrum

1-2pm

TUE 10 SEP How to survive and thrive at Uni with Autism Spectrum Disorder (ASD).

Coming/Living Out of Your Cultural Zone

Details Online Struggling with sexuality or questioning gender identity from a different cultural perspective? Join a safe space for discussion, ideas and support.

Wellbeing Workshops

Mid-week Mindfulness

Every Wednesday 1.15-2pm,
Baillieu Library,
Leigh Scott Room

WED 31 JUL to 23 OCT Learn about mindfulness through brief guided exercises. No registration needed - just drop in!

Break Free From Anxiety

2x Half-day or 1x Full-day,
Monthly

Details Online Learn and practise psychological skills to better manage stress and anxiety.

Resilience and Wellbeing

1-2pm
Stop 1, Level 1, Room 110

TUE 8 OCT Build resilience, manage stress, and live a happier, more meaningful life.

Mental Health First Aid Training

Mental Health First Aid (MHFA) Training

Learn to recognise and assist someone developing a mental health problem or in crisis.

Details online Blended MHFA for Tertiary Students
Complete the eLearning modules then come along to one of our monthly half-day sessions.

International Student Workshops

Settling In as an International Student

3-5pm

WED 31 JUL and 09 OCT Share and reflect on your experience as an international student and extend your social network.

WED 09 OCT Gain support from Counsellors and other international students in learning ways to adjust to a new environment, build meaningful relationships and maintain positive wellbeing.

Webinars and Online Resources

Social Anxiety Program

1-2pm

FRI 30 AUG and 06 SEP Three-week online program to help you understand social anxiety and strategies to overcome it.

13 SEP

Ask Counselling

Ask a question online or browse questions other students have asked.

Self-Help Resources

On the CAPS website, explore online mental health resources including recommended mental health information, self-help programs, apps, and guided exercises.