

Tuesday Workshops

Learn strategies to enhance your learning and relationships. No registration required.

Special Interest Workshops

Connect and learn with others in our diverse community.

Wellbeing Programs

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

Mental Health First Aid Training

Learn to assist others with mental health problems.

International Student Programs

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

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

Creating Social Connections

TUE 17 MAR Feel more confident and connected in social situations.

Assertive Communication

TUE 24 MAR Learn to express yourself more clearly and confidently.

Optimising Focus and Attention

TUE 31 MAR Train your attention, build concentration, remain calm and focused under pressure.

Overcoming Procrastination

TUE 21 APR Explore ways to stay on track and get things done.

Resilience and Wellbeing

TUE 28 APR Build resilience, manage stress, and live a happier, more meaningful life.

Special Interest Workshops

Studying on the Spectrum

1-2pm
TUE 7 APR How to survive and thrive at Uni with Autism Spectrum Disorder (ASD).

Coming 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 Programs

Break Free From Anxiety

Full-day, Monthly
Details Online Develop and practise psychological skills to better manage stress and anxiety.

Mid-week Mindfulness

Every Wednesday (Week 2 - 9)
1.15-2pm, Baillieu Library, Leigh Scott Room
WED 11 MAR to 6 MAY Learn about mindfulness through brief guided exercises. No registration needed – just drop in!

Mindfulness for Stress Management for Graduate Researchers

6x 1-hr weekly sessions
Details Online Group program to develop a regular mindfulness practice to better manage stress. This program requires attendance of all 6 sessions and daily practice of 20 mins/day.

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 Programs

Connecting and Thriving as an International Student

3-5pm
WED 29 APR There can be many changes and challenges to navigate as an international student, even if you've been living in Australia for some time! Reflect on your experience as an international student, connect with others, and gain support from each other to enrich your uni experience.

CAPS and UMSU International Student Workshops

Details online In partnership with UMSU International, learn more about wellbeing and adjustment as an international student.

CAPS and GSA Graduate International Students Program

Details online Connect, share, and learn about wellbeing as a graduate international student in this 6-session program.

Webinars and Online Resources

Social Anxiety Program

1-2pm
FRI 24 APR to 01 MAY Three-week online program to help you understand social anxiety and strategies to overcome it.

08 MAY

Self-Help Resources

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

Questions or need more information?

services.unimelb.edu.au/counsel

Call us at 03 8344 6927

