

# Wellness at WAAPA

A Guide to Health and Wellbeing

WAAPA

# A Message from the Executive Dean

Welcome to the Western Australian Academy of Performing Arts (WAAPA) at Edith Cowan University (ECU).

During your training, you will undoubtedly experience moments of great satisfaction and elation as you acquire new skills and abilities.

Conversely, you might also feel overwhelmed sometimes by the challenges faced or experience varying degrees of physical and emotional fatigue, anxiety or stress. The source of such feelings may emerge from your coursework or may be prompted by personal circumstances such as financial pressures, health issues or the breakdown of a relationship.

Working in the performing arts – with its huge physical, psychological and emotional demands – makes it particularly important to prioritise your physical, emotional and spiritual wellbeing, and to develop strategies to deal effectively with stress.

Whether you are concerned about yourself or a friend, the information provided in this brochure will point you in the direction of further guidance and support. Instead of allowing a worry to fester or a problem to escalate and potentially become overwhelming, it is important to seek help at the earliest opportunity. Remember too that everyone on our staff team is here to support you in your journey to reach your goals.

Enjoy your time at WAAPA and try to remember that the difference between who you are now and the person you would like to be in the future resides in your ability to know when to ask for help.

Professor David Shirley  
Executive Dean



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## Success at WAAPA

You have worked hard to secure a place at WAAPA. Now you're here, it is important to make the most of the opportunity and ensure you set yourself up for success.

There's more to success than turning up and nailing your performance or directing like a pro. Preparation and looking after your wellbeing (and the wellbeing of others) is key to succeeding at WAAPA. Start thinking about ways you can balance commitments to fit relaxation, recreation and exercise into your study plan.

While being a student at WAAPA is exciting and an incredible opportunity, there can also be challenges thrown your way. Whether at WAAPA or in your personal life, these challenges can impact your learning. Find out more about the services available to ECU students and how to connect with these services while you study with us.

### Pressures of performance (and study!)

As a WAAPA student, you are undergoing intensive training to become an outstanding professional in your field, while contributing to performances throughout your study. That's an amazing feat! Sometimes, however, you can feel overwhelmed when trying to balance the physical and/or mental stress of high training loads, external pressures (like living away from home for the first time, managing your academic workload) and cultural factors.<sup>1</sup>

Sometimes stress is situational and might also be caused by the production/performance that you are involved in. If the production is emotionally or physically demanding it can be difficult to relax or 'let go' after the production has ended, especially if this occurs night after night.

### Stress – feeling a little bit is normal<sup>2</sup>

It is important to remember that we all feel worried or stressed some of the time. Stress is a normal response triggered by everyday life events. A certain level of stress is beneficial – it assists you to avoid dangerous situations, can be motivating, helps resolve problems and perform at our best.

Once a danger has passed, a problem has been solved, an assignment has been finished or an exam has been completed, then usually your stress response settles back down to a manageable level. Stressors are, however, cumulative. If you experience too many stressors at once or a major life event, it may trigger a response that begins to cause distress.

Feelings of stress can develop into a state of anxiety that can become intense and overwhelming. These feelings can begin to interfere with function in your everyday life. Your thoughts begin to race, your heart rate and breathing increase and you are unable to concentrate, solve problems or make decisions. In these situations, you should talk to someone about putting a plan in place to manage it.

### Want to chat to someone?

For a confidential and free chat about your general situation, please contact Psychological Counselling Support to make an appointment at any of our campuses.

Email: [counselling@ecu.edu.au](mailto:counselling@ecu.edu.au)

Phone: (08) 6304 6706

Alternatively, you can discuss study techniques and tips with a Learning Adviser in our Academic Skills Centre.

Email: [learningadviser@ecu.edu.au](mailto:learningadviser@ecu.edu.au)



# Looking after your wellbeing

An essential part of becoming a professional is to look after your wellbeing including developing healthy and effective coping mechanisms for when life is challenging.

Sometimes we might think that the path to success is putting our work ahead of everything else in our lives. This is not the case—in order to learn effectively, you need a balanced, healthy lifestyle which involves:

- eating well
- being fit and healthy
- getting enough sleep
- connecting with people
- managing your stress effectively
- having a good study-work-life balance.

If you can address all these elements of your life, you will be happier and more productive when you are studying so that you get the most out of the effort you put into your work.<sup>4</sup>

## How to achieve a balanced lifestyle



Drink water



Good diet



Exercise regularly



Relaxation



Socialising



Sleep

## Performance and stress

Everyone faces difficult times, challenges and hurdles at some point in their life, requiring resilience to push through. Resilience is the ability to overcome obstacles and bounce back from difficult experiences.

At WAAPA, we encourage self-compassion. This means treating yourself the same way you would a friend/family member who is having a difficult time. Be kind to yourself too!

Think about the things that might be hurdles for you. Do you have some coping mechanisms to help overcome these? Having some strategies that work for you is important.

### Healthy ways to reduce stress

#### Physical

Exercise/activity, massage, relaxation, meditation or yoga.

#### Emotional

Connect with family, friends, a psychologist or a counsellor.

#### Thinking

Self-reflect via writing in a journal.

'Reality check' your thoughts:

- 'What am I saying to myself about this situation?'
- 'How true is it?'
- 'Is it helpful to think this way?'
- 'Where will it get me?'
- 'What else can I think instead?'

#### Behavioural

Examine your lifestyle and stressors/triggers (people, activities)

Learn to:

- Say 'no' to unrealistic demands on your time
- Be assertive about your own needs
- Set priorities and manage time realistically

Consider different strategies that might work for you.

For tips on managing stress click or scan QR code



# Welcome To The Living Room

*A place to access peer support and guidance around mental health and wellbeing when you need it.*

The Living Room is all about supporting your wellbeing and mental health while you study with us at ECU. It's a space where you drop in (no appointment needed) to have a relaxed chat with a trained peer who understands the journey you are going on as a student.

Whether you are stressed about your studies, have things going on at home or are feeling a bit isolated in a way that is impacting your studies, The Living Room team are here to help with recommendations on how to tackle whatever challenge that may be ahead of you.

It is a quiet and calming space where you can take some time out, chat to a friendly face and get some guidance on how to plan around any barriers in your way. The Living Room also hosts free wellbeing events and activities throughout the semester. You can find their events schedule by searching 'The Living Room' on ECU's Student Intranet.

You'll find The Living Room in the Wellbeing Precinct at:

ECU City  
Level 1N, Room 140. (1.IN.140)

Opening hours: Monday to Friday 10:00am-3:00pm (hours may vary during semester break)

Out of Hours Crisis Line for ECU students call 1300 583 032 or text 0488 884 232

This phone support service operates from 4.30pm to 8.30am on weekdays, and 24 hours on weekends, providing students with mental health and well-being support.

The service is intended to help callers find immediate relief from emotional distress, safely manage any immediate threats to life or safety, open pathways for longer-term solutions and focus specific next steps for the caller to take.

## Wellness Resources - Tip Sheets

Below are some initial tips for managing common concerns when studying at ECU. Scan this QR code to register for one of our workshops for a hands-on approach to managing some of your concerns.



[REGISTER  
HERE](#)

 **20 Strategies to Overcome Procrastination**  
With competing deadlines, procrastination can become an issue. Here are some practical tips you can implement to keep on track.

 **Burnout**  
How to identify the warning signs, and functional methods for coping with stress and avoiding burnout.

 **Assertive Communication**  
When we talk about communication styles, we can often break it down into four categories. Here are some helpful communication tips.

 **Depression**  
Feelings of depression can affect anyone at anytime. Depression is a prolonged and persistent negative mood that can colour and interfere with many aspects of your life.



### Homesickness

When you move into a new environment, such as studying abroad or coming to University for the first time, you need to adjust many parts of your life to this new environment.



### Journaling - The Power of the Pen

Journal writing is an effective and simple tool for getting to know yourself better and one of the most powerful ways of gaining a greater understanding of who you are.



### Living in Shared Accommodation

Anyone who has lived in shared accommodation will agree that rules are necessary to ensure things run smoothly. Here's some tips to be a great flatmate.



### Prep for Practicum

Regardless of what degree you are studying, going on prac placement is an important part of a transition from study to work.



### Relaxation and Stress Reduction Techniques

There are many physical, biological and psychological benefits to be gained from using relaxation techniques.



### Sleep Tips

At certain points in our lives, our sleep will be disrupted and this will change the amount we need.



### Staying Calm During Exams

Here are some tips to help you stay calm during exams, so that you can achieve the best possible outcome.



### Surviving a Relationship Break-up

It's inevitable that you're going to feel bad after a relationship ends. Here are some tips to help you survive your relationship break-up.



### The Benefits of Relaxation

These benefits have been widely documented, with immediate effects including (to name just a mere few) lowered heart rate, blood pressure and cortisol levels.



### Tips for Balancing Life and University

Maintaining a balance between life and study helps you to stay productive and happy. It can also help you sustain your health during more stressful periods of university.



### Managing Stress

Uni life can be stressful. Here are some tips to manage stress; the emotional, physical and psychological response to (external) demands.



### Tips for Study

With competing deadlines, procrastination can become an issue. Here are some practical tips you can implement to keep on track.



### Winter Blues

Have you ever felt you have less energy and seem flat mentally when the cold Winter months arrive?



### Using a Semester Planner

A semester plan shows important study related dates during a semester. It allows you to keep track of what assessments are due and what they're worth - at a glance.

# HOW TO NOT BE HARD ON YOURSELF



## Respectful Relationships

At WAAPA, we're committed to creating a learning and working environment where every student feels respected, included and safe.

We know that in all aspects of our lives, understanding the basic concepts around consent, communication and respect is vital.

That's why we encourage all students at WAAPA to complete Consent Matters – our online program designed to equip you with a clear understanding of what constitutes consent in relationships, the importance of good communication and mutual respect, and support available for you and your peers.

Log on and complete Consent Matters through 'My Communities' on Canvas.

To find out more, or to report gender-based violence, including sexual assault or sexual harassment, at ECU, head to: [intranet.ecu.edu.au/student/support/sexual-assault-and-sexual-harassment](http://intranet.ecu.edu.au/student/support/sexual-assault-and-sexual-harassment).

## Helpful Apps – Safety and Wellbeing



**NowForce:** ECU utilises the [NowForce](#) app to keep ECU campuses safe. The app is available for students providing a direct lifeline to campus security and is designed to help minimise response times to emergencies, routine security and safety situations. The app has two main functions: an SOS (panic) button and the ability to report an incident. Visit [On-campus safety and security](#) to register.



ECU ENCOURAGES ALL STUDENTS AND STAFF TO DOWNLOAD THE NOWFORCE APP AS SOON AS POSSIBLE.



**What's Up:** a fantastic free app utilising some of the CBT (Cognitive Behaviour Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with depression, anxiety, anger, stress and more.



**Happify:** turns the latest innovations in the science of happiness into activities and games that help you lead a more fulfilling life. Stop negative thoughts. Reduce stress and anxiety. Build optimism and mindfulness. Gain confidence and self-esteem.



**7 Cups:** Anxiety and Stress Chat: Free, anonymous, and confidential conversation with trained active listeners. It's emotional support on demand!



**MindShift CBT - Anxiety Relief:** an app designed to help young adults cope with anxiety.



**Headspace:** For mediation, stress and reducing anxiety. A few minutes could change your whole day! Headspace is a personal guide to health and happiness. It helps you focus, stay calm, perform at your best, and get a better night's sleep through the life-changing skills of relaxation, mediation and mindfulness.

## Helpful Websites

Black Dog Institute – [blackdoginstitute.org.au](http://blackdoginstitute.org.au)

Headspace – [headspace.org.au](http://headspace.org.au)

Beyond Blue – [beyondblue.org.au](http://beyondblue.org.au)

Health Direct – [healthdirect.gov.au](http://healthdirect.gov.au)



## What If My Friend is Not Okay?<sup>5</sup>

Getting help for yourself or a friend can take a bit of effort – but it is worth it – and WAAPA and ECU staff are here to support you.

Everyone has a state of mental health, just as everyone has a state of physical health.<sup>5</sup> And it changes over time in response to many factors – like physical health or life events such as starting uni.<sup>6</sup>

Many students will deal with a mental health issue during the course of their degree. Whether it's your own health or supporting a friend, we are here to help.

### Listen without judgement and try not to 'fix things' straight away

Sometimes it's helpful just to listen while your friend gets things off their chest. While you might not feel like an expert, a concerned friend can provide a valuable service. If someone is going through a tough time, it can be a relief to talk about what has been going on to someone who is willing to listen. The fact that your friend can talk about it is a big step. And they chose to speak to you because they trust you, but don't panic, you do not have to solve the issue.

Let them know they're not alone and that you're here to help. Don't feel that you have to say that you've felt the same way or share similar experiences. In many cases you may not have felt or experienced what they are going through, and it could make the person upset. Assure them that many students seek help over the course of their degree for lots of reasons. This might include mental health concerns, challenges with balancing commitments and other challenges in life.

### Encourage them to seek help

It's great they have chosen to speak with you but it's good to remember that there are professionals trained and employed to help. You don't have to solve their problems but rather assist to find different ways of seeing things and access support. Provide tip sheets, websites and phone numbers. Be supportive and patient, even though you may feel angry or frustrated with the person sometimes, especially if they don't seek help straight away.

### Be honest

Explain your concern for the person. Ask if anyone else knows how they are feeling and encourage them to seek professional support, particularly if their feelings are intense or ongoing.

### Encourage self-help

Encourage them to use some self-help techniques to support themselves – you could even do some activities with them. This includes exercising, writing their thoughts down, getting enough sleep or doing things they enjoy.

But it's important to understand that, depending on how your friend is feeling, they may not feel able to use these strategies or the strategies might not be enough to help them overcome what they are feeling. That's OK! It is even more important that they talk to a professional.



## What if my friend doesn't want to get help and I'm worried about them?

Continue to support them in a respectful way. Try not to judge them or become frustrated.

It's tricky to strike the right balance between your friend's right to privacy and the need to make sure they are safe. You should let an ECU staff member know that you are worried about your friend. If you can, try to let your friend know first that you are planning on doing this.

If you are worried that your friend needs urgent medical help or might hurt themselves or somebody else, you need to tell someone immediately. Even if your friend asked you not to.

Contact ECU Security on **(08) 6304 3333** or pick up any ECU phone and dial **3333**.

### What not to do or say

- 'Just cheer up', 'It's not that bad', 'Just get over it' – saying these things is not helpful.
- Don't encourage a night out involving drugs and alcohol. This might help them cope temporarily, but it is likely to make things worse and won't address the issue.
- Don't make promises you can't keep. If your friend is at risk of harming themselves or someone else, you need to seek immediate help, even if they ask you not to.

### Some things you can say

- Have you talked to anyone else about this? It's great that you have talked to me, but it might be good to get advice and help from someone else.
- I'm concerned about your stress levels and the thoughts you have described. Do you know about ECU Counselling/Health Services? They are a great resource and have a lot of different ways to assist students.
- There are some amazing websites you can check out to get more information.
- I know you're not feeling great now, but with the right help and support, you can get through this. I'm here for you.

### Looking after yourself

Supporting a friend through a tough time can be difficult. Remember to look after yourself too. Follow the tips provided throughout this booklet and access the services available to you, especially if you start to feel overwhelmed.



# ECU Student Toolkit

## How do I prepare for semester?

- Download and read my **Unit Plans**.
- Complete the **Academic Integrity Module**.
- Familiarise myself with **Canvas**.
- If I'm a new student, check out **orientation activities**.

- Make note of contact details for important ECU support services, such as the **Student Hub**, **IT Services**, **Health Service** and **Careers and Employability**.

- Organise my **Student ID card**.
- If driving to Campus, ensure I have a valid ECU **parking permit**.

## How can I get organised?

- Create a **Study Schedule or Semester Planner**.
- Get connected to the **ECU Wi-Fi network**.
- Familiarise myself with **Library Services**.
- Check out the **Academic Calendar**.

- If I have a mental/physical health condition, I can contact **Access & Inclusion** to set up a **Learning and Access Plan (LAP)**.
- Visit the **Academic Skills Centre** for resources and workshops.

## How do I stay on track?

- Post questions on the unit Discussion Board.
- Start assessment tasks early.
- Consider joining the **Sport and Fitness Centre** to stay physically active, or connecting with **ECU Active**.

- Familiarise myself with **census dates** to avoid financial/academic penalty.
- Explore apps for time management, preventing procrastination, and avoiding distraction.

## Wellbeing Checkpoint

- If I am feeling stressed about assessments, I could form a study group, look at **Tips for Managing Stress** or other tip sheets, or **contact a Learning Adviser** to discuss study techniques.

- If I am not feeling okay physically and/or mentally, I could visit **The Living Room**, **Health Service**, or **Psychological Counselling Support**.
- I could **connect with other students** for support.

## What if I get off track?

- If I need to re-evaluate my enrolment, I could contact the **Student Hub**.

- If I did not do as well as I had expected in an assessment, I could reflect on the feedback to ensure I improve next time, meet with a **Learning Advisor** for help with future assessments, and remember that every experience is part of the learning journey.

## Where can I get help?

- Drop in to **Student Hub**, or make an appointment with **Student Success** or the **Student Guild**.
- Speak to my lecturer, unit coordinator, or student support officer.
- Consider **applying for an extension**, if need be.

- Drop in to **The Living Room** or make an appointment with **Psychological Counselling Support**.
- Make an appointment at the **Health Service** to speak with a doctor or nurse.
- Reach out to friends and family.

## What can I do in a crisis?

- Contact the **ECU Out of Hours Crisis Line** by calling **1300 583 032** or texting **0488 884 232**.
- Contact **Lifeline** for crisis support. **Call 13 11 14**.

- In case of a emergency, contact the **Mental Health Emergency Response Line** on **1300 555 788**, or call Emergency Services on **000**.

Compiled by  
The Living Room

# On Campus Services

At WAPA there are lots of ways we can support you. In fact, there are whole teams across the University whose job is to support students! The most important thing to remember is to talk to us about your situation.

Sometimes it's daunting to access a service or talk to someone if you are not sure what is going to happen. Check out the Student Intranet for more information about ECU student services – <https://intranet.ecu.edu.au/student/overview>.

There are also a lot of online resources to assist you to manage your studies as effectively as possible.

Situation	ECU Service	How to find them at ECU City Campus
Life-threatening or emergency	ECU Security Emergency Services  <b>NowForce App</b> 	Phone (08) 6304 3333 or pick up any ECU phone and dial 3333  Call 000 from a landline or Call 112 from a mobile or Call 106 from a TTY if you have a speech or hearing disability  <a href="#">Register online</a> <a href="#">Refer to Pg 7 to download App</a>
Physical injury Sexual health – contraception advice, PAP smears, STD screening. Concern about use of alcohol or drugs Concern about nutrition or eating habits	Student Health	8.30am-4.30pm weekdays <b>Wellbeing Centre</b> City Campus, Level 1, Room 1N.141 Ph: (08) 6304 6814
Death of someone close Relationship breakdown Mental health concern Difficulty with motivation or concentration Feeling stressed, anxious or depressed Worrying about achievement / feeling everything has to be perfect Issues around identity Experiencing suicidal thoughts or difficulties with thoughts about harming yourself Sexual assault or harassment (past or current)	Psychological Counselling Support	8.30am-4.30pm weekdays <b>Wellbeing Centre</b> City Campus, Level 1, Room 1N.141 Ph: (08) 6304 6706 E: <a href="mailto:counselling@ecu.edu.au">counselling@ecu.edu.au</a>
Out-of-hours urgent relief from emotional distress Safely manage any immediate threats to life or safety	University Crisis Line	4.30pm to 9.00am weekdays 24 hours on weekends Ph: 1300 583 032 Text: 0488 884 232

Permanent or temporary disability or medical condition Caring for a family member with a temporary or permanent disability or medical condition Cultural or religious practices that may impact your participation	Access and Inclusion	8.30am-4.30pm weekdays <b>Wellbeing Centre</b> City Campus, Level 1, Room 1N.141 Ph: (08) 6304 6960 E: <a href="mailto:inclusion@ecu.edu.au">inclusion@ecu.edu.au</a>
Adjusting to study at ECU Managing your general wellbeing Assessing personal challenges and developing action plans to overcome them Establishing attainable educational goals	Student Success  <b>Kurongkurl Katitjin</b> Student Success	9.00am-4.30pm weekdays <b>Student Hub</b> City Campus, Level 1, Room 1N.130 Ph: 134 328  <b>Kurongkurl Katitjin</b> City Campus, Level 4, Rooms IS.460-48 E: <a href="mailto:kkstudentsuccess@ecu.edu.au">kkstudentsuccess@ecu.edu.au</a>
Worries about academic matters Challenges with studying Help with assignments – understanding assignment questions, writing, numeracy	Academic Skills Centre	<b>Academic Skills Centre</b> <a href="#">Academic Skills @ ECU</a>
Searching for a job, resume writing, interview skills Volunteer opportunities to meet people, gain employability skills, give back to the community	Careers and Employability Services	<b>Student Hub</b> City Campus, Level 1, Room 1N.130 Ph: (08) 6304 5899 E: <a href="mailto:careers@ecu.edu.au">careers@ecu.edu.au</a>
Referral to relevant services for legal, housing or tenancy issues Help with Centrelink queries Financial assistance Academic appeals and misconduct issues	Student Guild	8.30am-3.00pm weekdays City Campus, Level 4, Room 1N.441 Ph: (08) 6304 2640 E: <a href="mailto:studentassist@ecuguild.org.au">studentassist@ecuguild.org.au</a>
Assistance to find and secure on or off campus housing Education and assistance with tenancy matters Support to secure emergency accommodation	Housing Advice  	9.00am-4.30pm weekdays <b>Student Hub</b> City Campus, Level 1, Room 1N.130 Ph: 134 328 More information <a href="#">here</a> .
Sexual assault or harassment		Report sexual Assault or sexual harassment via ECU Harassment, Bullying and Discrimination or phone (08) 6304 2282 (available 24hrs per day). You can choose to report anonymously.  Reporting and support outside of ECU: WA Police on 000 (emergency or life-threatening situation) WA Police on 131 444 (non-emergency call).  The Sexual Assault Resource Centre (SARC) on (08) 6458 1828 or 1800 199 888 (free from landlines).



## ABOUT ECU PSYCHOLOGICAL COUNSELLING SUPPORT

- ✓ Free
- ✓ Confidential

Confidential means you can talk to us about anything, and we won't tell anyone else what you have said, or that you've even been to see us. This is because we want you to feel safe and comfortable to talk about whatever is on your mind.

We will have to tell someone if we think that you or someone else is in danger. Or if we are legally obliged to do so. This would include when your information is the subject of a subpoena, a valid search warrant or other legislated requirements. But we'll explain all this when you come to see us.

### How do I make an appointment?

If you would like to make an appointment on any campus, contact the Psychological Counselling Support reception. Please seek permission from your lecturer to attend the appointment if during class time.

#### Wellbeing Centre, City Campus,

Level 1, Room 1N.141 Reception or Joondalup Building 6.209,

Monday to Friday, 8.30am-4.30pm,

Tel: (08) 6304 6706

### What happens at a counselling session?

Your counselling session involves approximately 50 minutes of time dedicated to you, with 10 minutes leeway as required. Your counsellor will spend time getting to know you and talking about what has brought you to the service. All our counsellors were once university students themselves and are trained to support your personal and academic development. They will work with you to develop next steps that will assist you.

If necessary, your counsellor will touch base with you to see how you are going. Sometimes people come for several appointments, sometimes it's just one – it all depends on you and your needs.

### How many sessions can I have?

Generally, we do not provide weekly sessions unless this is something that your counsellor specifically thinks may be of assistance for a short period. The number of sessions depends on what you are coming to see us for. You may only need one session, or you may need more. This may depend on whether your counsellor needs to refer you to a service in the community for ongoing support.

### Can I get an urgent counselling appointment?

Students now come to the service via a triage system. This triage system involves a brief 30 minute assessment to ensure the student gets the appropriate support, e.g. you are dealing with distressing, unexpected personal difficulties. Like a regular appointment, triage appointments can be booked over the phone or in person by dropping in, and sessions are offered face-to-face or remotely via phone or zoom. If your circumstances are more urgent than the triage appointment can manage, you will then be offered a full emergency appointment later in the same day or linked in with community-based support service as appropriate.

Remember, if your situation is life threatening, call 000, or have someone assist you to the nearest hospital for appropriate support. If you are on campus and need urgent assistance, contact Security Services on 6304 3333. Security are the University's trained First Aid Responders and are the best contact for immediate support.

You may also want to approach somebody you trust and share your concerns or problems with that person. It could be a friend, partner or colleague – it does not have to be a professional. If this does not help, nobody is available, or you need more professional help, please contact one of the Community Support Services listed on our Emergency and After hours Services below.

### University Crisis Line for ECU students

Support is available even when campus services are closed. If you need someone to talk to outside normal office hours, you can contact the ECU Out of Hours Crisis Line:

Call: 1300 583 032 or Text: 0488 884 232

This free phone and text service operates:

Weekdays: 4:30pm-8:30am | Weekends: 24 hours a day



The service provides mental health and wellbeing support to help you through difficult moments. You can reach out if you're feeling overwhelmed, distressed, or simply need someone to talk to. The team can help you find immediate relief, stay safe if you're at risk, identify helpful next steps and connect you with longer term support options if needed.

You don't have to face tough moments alone – support is always available.

# Access and Inclusion

ECU provides support for students with diverse study needs, particularly students with a permanent or temporary disability or medical condition, caring responsibilities for a family member with a disability, cultural or religious practices, or other circumstances which may impact on their participation at ECU.<sup>7</sup>

**Wellbeing Centre, City Campus, Level 1, Room 1N.141 Reception or Joondalup Building 34.245,  
Monday to Friday, 8.30am–4.30pm, Tel: (08) 6304 6960, E: [inclusion@ecu.edu.au](mailto:inclusion@ecu.edu.au)**

This support may include

- Liaison with academic staff about any potential barriers you may face and any reasonable adjustments that may be required
- Alternative format study materials
- Alternative assessment and examination conditions
- Access to a range of assistive equipment, software and technology
- Provision of note-takers, scribes or Auslan interpreters
- Library assistance

## Make an appointment

To be eligible for this support, students need to register with Access and Inclusion as early as possible. The first step is to make an appointment with the Accessibility Advisor, either face-to-face or by telephone, to discuss your options and needs.

You will need supporting evidence of the disability or medical condition, such as an Educational Psychologist's report or a Health Professional's Report completed by your current treating health professional, detailing the nature of the disability or medical condition, its impact on your studies and any recommended adjustments that will minimise the impact of the disability or medical condition.

An individual Learning and Assessment Plan will then be developed, documenting appropriate reasonable adjustments based on the Health Professional's Report, your own views and the academic requirements of the course of study and the responsibilities of all parties in implementing those adjustments.

While the recommendations of the Health Professional's Report are used as the basis for a Learning and Assessment Plan, the details provided by the health professional remain confidential unless there are inherent occupational safety and health risks.

If you wish to register or just to find out more information about your options, telephone Access and Inclusion on (+61)(0)8 6304 6960 or email [inclusion@ecu.edu.au](mailto:inclusion@ecu.edu.au) for a confidential discussion.

## Equity advice

Access and Inclusion also has a Community Canvas site with a range of information and resources to assist you to manage your studies as effectively as possible.

You can also contact Access and Inclusion for assistance with an explanation of your rights and responsibilities under the Equal Opportunity Act and Disability Discrimination Act.

## Access and mobility maps

ECU has campus specific maps that provide information to help people with mobility issues to make informed choices about accessible routes to and from and within our campuses.



## Scholarships

ECU offers a range of scholarships aimed at providing financial support to assist you in the pursuit of your goals. Scholarships provide funding towards fees, other study related and/or living expenses. Scholarships are not loans; rather they are intended as grants and generally you will not be required to repay the Scholarship. Each scholarship has its own specific application process and eligibility criteria. There may also be conditions on how the funding can be used and continuing academic achievement.

For more information, please visit our Scholarships web page:



<sup>1</sup> Blevins, P., Erskine, S., Hopper, L. & Moyle, G. (2019). Finding your balance. An investigation of recovery-stress balance in vocational dance training. *Journal of Dance Education*, DOI: 10.1080/15290824.2018.1532571

<sup>2</sup> Stress and anxiety, James Cook University, [https://www.jcu.edu.au/\\_data/assets/pdf\\_file/0009/392796/Information-Sheet-Stress-and-Anxiety.pdf](https://www.jcu.edu.au/_data/assets/pdf_file/0009/392796/Information-Sheet-Stress-and-Anxiety.pdf)

<sup>3</sup> UniSA – Uni Health and Wellbeing project <https://www.healthyuniversities.org/programs/regional-student-success-wellbeing/>

<sup>4</sup> Sections: What if I am not feeling okay? Or what if my friend is not okay?; What if my friend doesn't want to get help and I'm worried about them?; What not to do or say; Some things you can say; Looking after yourself adapted from *Headspace*, ECU Counselling tip sheets and Mental Health First Aid Manual (4th Edition).

<sup>5</sup> Enhancing Student Wellbeing (2016) In Brief: Defining Mental Health and Wellbeing <http://unistudentwellbeing.edu.au/student-wellbeing/student-mental-health/>

<sup>6</sup> Enhancing Student Wellbeing (2016) In Brief: Defining Mental Health and Wellbeing <http://unistudentwellbeing.edu.au/student-wellbeing/student-mental-health/>

<sup>7</sup> Curtin University (2019) What is a disability? From: <https://students.curtin.edu.au/personal-support/disability/definition/>

# Wellness at WAAPA

A Guide to Health and Wellbeing

**WAAPA.EDU.EDU.AU**

*\*All details are correct at the time of print.*

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