

Promoting Mental Health and Wellness 2023



**Flinders
University**

Across Flinders University, we offer a range of activities, programs and events that support all aspects of health and wellbeing in our student and staff community.

Student Mental Health and Wellbeing Support and Promotion

The teams at [Health, Counselling and Disability Services](#) (HCDS) and [Oasis](#) work hard each year to put together a diverse range of student focussed wellbeing and performance-focused programs and events. These are in addition to the [health](#), [counselling](#), [disability](#), [chaplancy](#), and [equal opportunity](#) services that we already offer. See also our [Quick Guide](#) and [Service Brochure](#)

Wellbeing and performance programs are those that seek to provide you the tools and resources to improve your mental health, engage in self-improvement, enhance your sense of belonging and connection, increase resilience, reduce psychological distress, make being a student more pleasurable, increase your sense of confidence and capability, improve academic outcomes, and find meaning and purpose in your studies. A given program may impact one or more of these areas.

Study Wellbeing at Flinders

EPSW have 4 topics run at either the undergraduate or graduate certificate level to build your skills in mental health and wellbeing. You can either take them as electives or taken together these form a Certificate in Mental Health and Wellbeing (Workplace and Community) or Graduate Certificate in Leading Mental Health and Wellbeing (Workplace or Community). <https://www.flinders.edu.au/study/psychology/mental-health-wellbeing>

- WELL1001/8001 is designed for understanding the foundations of mental health and wellbeing at work and in communities.
- WELL1002/8002 is designed for you to build skills to develop your own mental health and wellbeing.
- WELL1003/8003 is designed to help you with your responsibilities and skills supporting the mental health and wellbeing of others, and practical skills like having coaching conversations, managing distress, and working with critical incidents.
- WELL1004/8004 is designed to give you the knowledge and tools you need to lead a healthier workplace or community organisation using a whole-of-system approach.

PSYC1108 The Psychology of Surviving and Thriving – an elective topic that focuses on evidence-based strategies that increase resilience and the successful achievement of academic, personal, and professional goals – <https://www.flinders.edu.au/webapps/stusys/index.cfm/topic/main?topic=PSYC1108>.

Programs

Be Well Plan – a 5 x 2-hour program (or 1 x 6 hour) that teaches you how to develop your own mental health and wellbeing plan. Register your interest in doing this program in Semester 2, 2023 by completing this [registration form](#). You'll be notified when training dates are announced. Typically delivered online so good for students from any campus or studying entirely online. Learn more about the program [here](#).

Be Well Mailing List – brief insights on how to look after your mental health, delivered via email every 3 weeks. Learn more and sign up [here](#).

Studyology – a 5-session group program designed to give you the psychological tools necessary to combat common study problems like procrastination, perfectionism, low motivation and study avoidance. Learn more about the program [here](#). To register your interest in doing this program, complete this [registration form](#). You'll be notified when training dates are announced. See also above for the [Procrastination mailing list](#) you can join, where I send out regular procrastination and productivity related tips and resources.

Wellbeing Ambassador Program – Volunteer to lead wellbeing related events around the university and support the wellbeing of your peers. Also get dedicated wellbeing and mental health training as part of the role – <https://oasis.flinders.edu.au/wellbeing-ambassador-program/>

Mental Health First Aid for Tertiary Students (Free for Flinders students)

One in five Australian adults experiences a mental health problem. Mental Health First Aid is the initial help and support provided to a person experiencing a mental health issue or in a mental health crisis, until the appropriate professional help is received, or the crisis resolves. This 2-day practical and accredited educational course equips you with the skills to understand mental health issues and help others, using a proven, evidence-based Action Plan.

Flinders Mates – Student-led informal conversations connecting Australian and International students for cultural exchange, meeting new people and making friends. Sessions are 12pm to 1pm Tuesdays, Wednesdays and Thursdays at Oasis – <https://oasis.flinders.edu.au/flinders-mates/>

Midday Meditation – two weekly meditation sessions @ Oasis led by one of the Oasis team – <https://oasis.flinders.edu.au/meditation-for-relaxation-and-stress-relief/>

Forest Walks – Join Chaplain Dave for a walk through Bedford Park's wonderful pine forest – <https://blogs.flinders.edu.au/student-health-and-well-being/2024/03/01/boost-your-wellbeing-with-forest-walks/>

Conversation Groups – Conversation groups are fun and informal conversation sessions led by an Oasis Chaplain on Wednesdays and Fridays from 1-2 (and informally on Thursdays as well). The focus is getting students together for a chat and to check in and talk about whichever topic comes up! Great for those who are feeling a little bit socially isolated. Also, a great opportunity to practice your English (if it's your second language). The groups are for all students. Feel free to come and go during the hour – <https://oasis.flinders.edu.au/conversation-groups/>

Oasis Volunteer program – improve student wellbeing by helping out the Oasis Team deliver their programs and events – <https://oasis.flinders.edu.au/oasis-volunteer-program/>

Prayer Rooms – prayer rooms around the different campuses – <https://oasis.flinders.edu.au/prayer-room-opening-times/>

Resources and Downloads

Whole-of-University Wellbeing Strategic Plan - The Flinders Wellbeing Mission is to establish a university-wide holistic approach to wellbeing, providing an environment for work and study that supports wellbeing, equipping staff and students with the knowledge and skills to cultivate wellbeing across their lives and support others to do the same. The [Strategic Plan](#) defines our Strategic Wellbeing Objectives for 2021-2025.

Good Vibes Experiment – a student-led campaign encouraging students to add wellbeing-focused activities to their everyday life – <https://students.flinders.edu.au/uni-life/goodvibes> – new edition Activity Books now available, order via this link – https://qualtrics.flinders.edu.au/jfe/form/SV_cwKtWWsQVWEbTFk. Learn about the tactics that you can use to foster positive mental health. Live life according to [Good Vibes principles](#).

Be a Better Human - a student-led campaign focused on consent, sexual harassment and sexual assault, bystander education, respectful relationships and reporting and support options for University students. This award-winning initiative was created with a group of Flinders students from the ground up, to reflect our campus culture and what we think everyone needs to appreciate – consent, respect and empathy. The campaign is called Be a Better Human, because we don't just want it to be about what we shouldn't do; we want it to be about self-improvement for everyone. And when we say 'everyone', we really do mean everyone. We're encouraging everyone who is part of our campus community to take a moment and consider how we can 'better' our behaviour. Let's figure out how we can all be better humans. More information [here](#).

Self-help library – we've created a range of [handouts](#) on various wellbeing related topics. You can access these [online](#), or visit us at the Student Centre, Level 3 to get print versions of our main guides (self-care guide and evidence-based study tips).

Student Health and Wellbeing Blog – you are reading it at the moment. A [collection of articles on different wellbeing topics](#). New content added weekly. A source of news for everything wellbeing at Flinders.

Getting off to a Good Start Guide - Our [Getting Off To A Good Start Guide](#) is a collection of tips and advice for new or returning students who want to start the year as best they can. Originally a print guide, it is now a series of interlinked blog posts that you can bookmark and return to at any point and resume reading. Living online, the guide is constantly updated.

2023 Wellbeing Events

Wellbeing Week - Flinders University Wellbeing Weeks educate and assist students on how to take care of themselves and improve their well-being during their time as a student. University life can be rewarding, but also challenging when balancing study with other commitments. Wellbeing Week will provide you with tools and information to help you manage your wellbeing while at uni. You'll also get to know the services available at Flinders to support your physical and mental health.

RUOK? Day - Participate in the [R U OK?](#) Day morning tea event on September 14, aimed at fostering conversations about mental health and supporting each other; both in-person at the Student Hub and online, with guest speakers and catering provided.

Thrive Festival - The College of Business, Government & Law are going all out for [Wellbeing Week](#), with their Thrive Festival. A great event at the intersection of wellbeing and business, with guest speakers, stalls, activities, food and more. Join us in the Law & Commerce Courtyard on Tuesday 12 September.

Programs from our Partners at Flinders

Student Success and Wellbeing Advisors – “Our team of [Student Success & Wellbeing Advisors \(SSWA\)](#) is here to help you succeed, both academically and personally. We want to help you find your own path to success, and we’ll work with you to overcome any challenges you’re facing. No matter where you are in your studies, our SSWAs can offer personalised support and information to help you navigate life at Flinders.”

Horizon – Horizon have announced their [professional development events and workshops](#) for Semester 1, 2023. A great mix of training encompassing productivity, time management, teamwork, critical thinking, feedback, communication, conflict resolution, resilience and much more.

Staff Mental Health and Wellbeing Support and Promotion

These are in addition to the [Flinders University Health Plan](#) which provides access to a range of health and wellbeing services.

The following health and wellbeing activities were offered across all of our campuses in 2023.

Month	Event/Activity	Details	Location
Year round	Employee Assistance Program	<p>Flinders University treats the mental health and wellbeing of employees seriously and offers a range of assistance programs and counselling services. Assistance can be provided for a variety of personal, emotional or work-related problems including:</p> <ul style="list-style-type: none">• Anxiety, depression and general emotional problems• Work related difficulties• Personal relationship or family problems• Alcohol and drug related problems• Stress• Financial and legal worries• Interpersonal conflict• Grief and trauma• Sleeping difficulties	All campuses
March	International Women's Day	All staff and student event including morning tea and speakers: MC Professor Romy Lawson, Professor Colin Stirling, Adelaide United A-League Women's Captain Izzy Hodgson, Dr Brittany Jackson and FUSA Women's Officer Aishwarya Malik. Followed by live music	SA - Bedford Park
May	Reconciliation Week Painting	Reconciliation Week activity to connect with Indigenous Culture and ways of knowing and being.	SA - Bedford Park

Month	Event/Activity	Details	Location
May	Therapy dogs in the library	The Library will be supporting Wellbeing Week by providing dogs at our branches for students and staff to interact with as a form of active health promotion. Animal-assisted therapy via dogs on campus has been found to reduce stress levels.	SA - Bedford Park
July	NAIDOC week	Morning tea to celebrate National Aborigines and Islanders Day Observance Committee (NAIDOC) week to recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples at Flinders university and in our communities.	SA - Bedford Park
July	NAIDOC week	NAIDOC events across 4 of our NT campus sites to recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples at Flinders University and in our communities.	NT - Darwin, Alice Springs, Katherine, Nhulunbuy
August	Art cart	ART CART is a pop-up project fostering hands-on engagements with art. Participants will have the opportunity to explore and express their creativity by participating in artist-led workshops across campus for 1 day per week (most likely Thursdays) for 3 hours and comprise 12 sessions in total.	SA -Sturt, Tonsley, Bedford Park
August	Shark after Dark	For 2023 the event will feature two prominent Adelaide DJs who have an existing following in the traditional 18–25-year-old music scene. There are spaces providing for dancing (one outdoors, one indoors) and “chill out space”.	SA - Bedford Park

Month	Event/Activity	Details	Location
August	First Nations Creation Storytelling	Recognising World Indigenous Persons Day, First Nations Creation Storytelling sessions will be held in the Hub with a Senior Kurna elder and our Northern Territory Elders’.	SA - Bedford Park and online
September	Indian Food Festival	The CNHS Festival of Food is a fun and relaxed annual lunch-time event where Flinders University staff can engage in learning about diversity and multiculturalism by partaking in and experiencing a variety of food and cultural experiences at Sturt Campus. The purpose of the event will be to bring together staff from across the University to experience and celebrate the rich multicultural background of the broader Flinders community by enjoying and learning about diverse cuisines.	SA - Sturt
September	Thrive Festival	Thrive Festival is an event dedicated to supporting and promoting the mental and physical wellbeing of the Flinders community through inspiring presentations by guest speakers on various topics relating to wellbeing, making donations to worthwhile causes, enjoying nourishing food and supporting local small businesses	SA - Bedford Park
September	Yarning Circles	<p>A yarning circle centred around Indigenous ways of being, knowing and doing to support mental and physical health and wellbeing. To ensure a culturally safe environment, these sessions will be facilitated by Aboriginal and Torres Strait Islander businesses.</p> <p>These sessions will be held prior to The Voice to Parliament Referendum to allow the University community to engage in conversations about Indigenous historical, social, cultural, and political contemporary matters at a time in Australia where a national call for voice and truth telling are being undertaken. The yarning circles will offer a safe space without judgement to participate in these discussions.</p>	NT - Darwin, Alice Springs, Bedford Park

Month	Event/Activity	Details	Location
September	R U OK? Day Morning Tea	Morning tea for the Flinders community including guest speakers on the topics of wellbeing, mental health and support. Followed by live music.	SA - Bedford Park
October	World Space Week	Tuesday 7th Oct 2023, Celebrating UN World Space Week (4th-10th Oct 2023). The event consists of multiple presentations by experts in the field to encourage students and staff to think about placement opportunities and cross-collaborations between the student and staff at Flinders Colleges and portfolios. The event is a good opportunity to draw the attention of students and staff to the social corporate responsibility of the university, including the sustainability goals, and remind them of opportunities to strengthen a community that values innovation and collaboration.	SA - Tonsley
October	Yarning Circles	A yarning circle centred around Indigenous ways of being, knowing and doing to support mental and physical health and wellbeing. To ensure a culturally safe environment, these sessions will be facilitated by Aboriginal and Torres Strait Islander businesses.	NT - Darwin, Alice Springs, Bedford Park
November	All staff celebration	All staff celebration event to support the theme of connection and belonging, and important aspect of managing mental and physical wellbeing. Various craft activities have been planned, plus massages, scavenger hunts and a 360-photo booth. Food options, including light meals, soft drinks and ice creams were provided with entertainment by a DJ.	SA - Bedford Park

