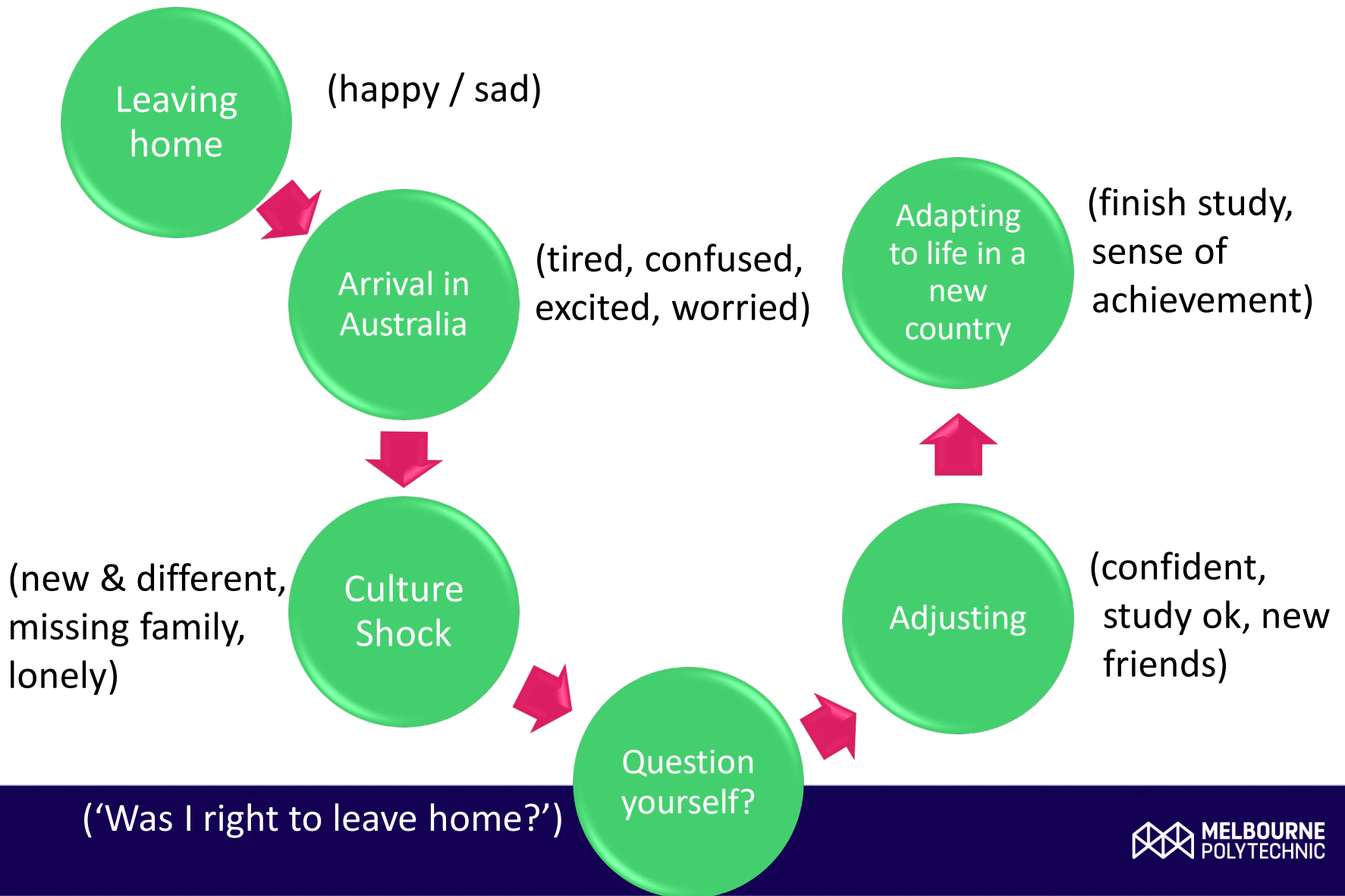


Student Wellbeing & Support Counselling Service

Welcome to Melbourne Polytechnic



New Beginnings



What Helps!

- Getting involved
- Socialising
- Staying healthy
- Adapting to a new way of studying
- Keeping in touch
- Managing and organising your time
- Having fun and being patient with yourself



Counselling at MP can help you when.....

- you are adjusting to life in Melbourne
- something is worrying you
- you fall behind in your studies
- you feel lonely or miss your family and friends
- you feel upset or hopeless

Our service is free, private and short-term

What to expect from Counselling

- Opportunity to share your story
- Talk about any concerns you may have
- Get a different perspective
- Different ways of coping
- Strengthen your sense of wellbeing

Benefits of Counselling

- To gain greater awareness and understanding of your thoughts, feelings and behaviours
- Regain emotional balance
- Greater connection to yourself & others

Counsellors can also help you with...

- careers and course information
- job seeking skills & work-related issues
- complaints assistance
- financial issues
- bullying, harassment & discrimination
- accommodation/housing

To make an appointment contact the Student Hub

9269 1314

Counselling offices are located at Preston, Fairfield, Epping, Heidelberg, Prahran

Deep Breathing Exercise

- Breathe In 1,2,3
- Breathe Out 1,2,3,4
- Say to yourself 'relax'



Enjoy your studies

- Stay positive and ask for help if you need it
- Good luck and have fun!

