

JUNE 2023

UNIVERSITY OF CANBERRA

MEDICAL & COUNSELLING STUDENT NEWSLETTER





The UC Medical and Counselling Centre offer a wide range of vaccinations to the UC community, including immunisations for students, children and travel. The Centre also provides all immunisations for Faculty of Health students enrolled in the following courses.

- Diagnostic Pathology/Medical Science,
- Exercise Physiology and Rehabilitation,
- Health Sciences,
- Medical Imaging,
- Midwifery, Nursing,
- Nutrition and Dietetics,
- Occupational Therapy,
- Pharmacy, and
- Physiotherapy.

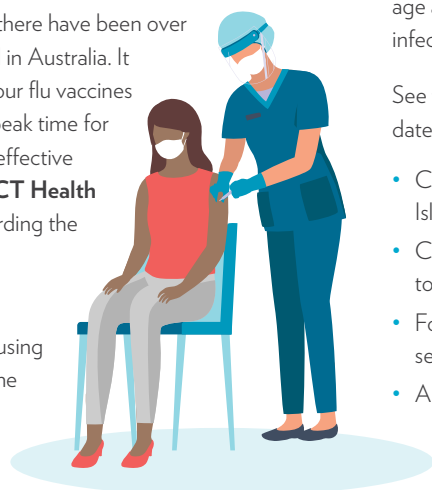
The UC Medical and Counselling Centre are familiar with the immunisation requirements of students in these courses and offer required vaccinations at cost to current UC students.

Bookings can be made through the **HOTDOC APP** (our online booking app), or by calling 6201 2351.

FLU VACCINE

The influenza vaccine is provided free to all current UC students and staff. So far this year there have been over 68,000 cases of influenza reported in Australia. It is strongly recommended to get your flu vaccines as soon as possible. Winter is the peak time for catching influenza. The vaccine is effective for around 4-6 months. See the **ACT Health** website for more information regarding the influenza vaccine.

Appointments for your influenza vaccination can be booked online using the **HOTDOC APP**, by visiting the practice, or by calling 6201 2351.



COVID-19

Currently, anyone over the age of 18 years can get a COVID-19 booster vaccination if it has been 6 months or longer since their last COVID-19 booster OR since their last confirmed COVID-19 infection. According to the Australian Government Health Website, this is specifically recommended for people at higher risk of severe illness, including:

- People aged 65 years and over;
- People aged 18 years and over with medical comorbidities, disability; or
- complex health needs.

BOOSTER DOSES – WHERE TO GET YOUR BOOSTER DOSE

- **Domestic Students:** The UC Medical and Counselling Centre offer COVID-19 Vaccinations to all domestic students with a Medicare card. Please book online through **HOTDOC APP** or call reception on 6201 2351.
- **International Students:** As per Government direction, all non-Medicare card holders are required to get their COVID-19 vaccinations through pharmacies. The nearest one on Campus is UC Capital Chemist in Building 28.

Staying up to date with all your vaccinations recommended for your age and individual health needs is the best form of protection against infection and illness from COVID-19.

See the **Australian Government Health Website** for more up-to-date information regarding COVID-19 boosters.

- COVID-19 Vaccine Information for Aboriginal and Torres Strait Islander Peoples: Please refer to the following **website**.
- COVID-19 Vaccine Information in Different Languages: Please refer to the following **website**.
- For more general information on COVID-19 vaccinations, please see our **website**.
- Also see the **ACT Health** Website for updates about COVID-19.



MENTAL HEALTH AND COVID-19

The UC Medical and Counselling Centre has a range of qualified psychologists who would be more than happy to support you if you are struggling with your mental health.

If you have been struggling with adapting to life after COVID, here are a few tips to help you ease back into a regular routine as suggested by the UC Medical and Counselling Centre and the **Black Dog Institute**.

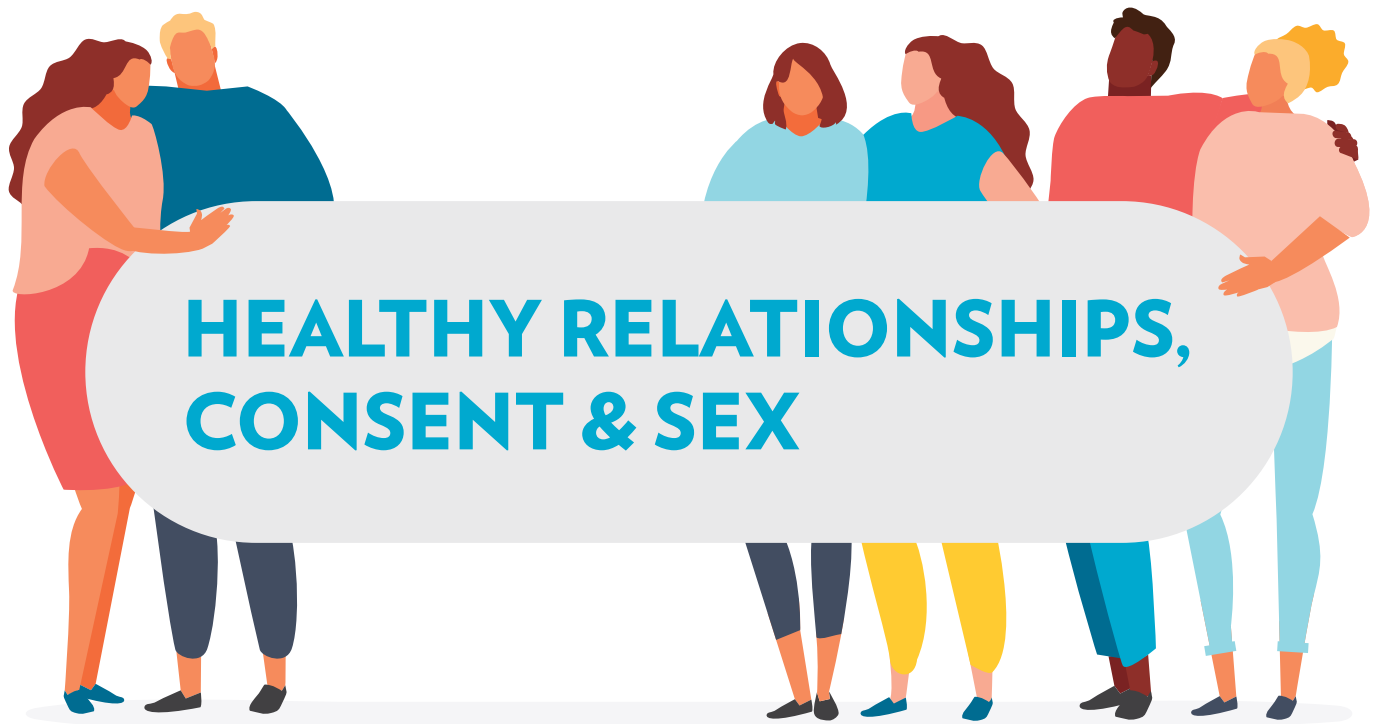
- **Take it slow** - simple things like grocery shopping, driving or spending time with friends may feel strange as you move back into life post-isolation. Notice how you are feeling and consider speaking to your GP if feelings of anxiety arise or worsen.
- **Rebuild your relationships** - it may have been a while since you've been able to connect with your friends and family. Spend some time processing the experience and look to rebuild and support each other as you reconnect, taking your time in the process.
- **Routine** – it might seem boring, but keeping a routine is very much relevant to keeping yourself well. Consider your sleep schedule (going to bed and waking up at the same time each day), eating regular meals and adding in gentle physical movements daily. It may also be helpful to consider setting yourself small, achievable goals each day to increase your sense of purpose, productivity and provide a sense of achievement.
- **Reach out for help** – if you find yourself struggling with the impacts of the pandemic, or experiencing challenges more generally, reaching out for help is greatly encouraged! Whether that be a friend, family member, doctor or psychologist, it is important to

share your concerns with a trusted person so they can link you in with appropriate supports. The UC Medical & Counselling Centre are available to provide support to students, so please do not hesitate to get in contact with us for an appointment.

See here some helpful mental health resources listed below.

- **Lifeline** <https://www.lifeline.org.au/> (13 11 14)
- **Beyond Blue (COVID-19)** (1800 512 348)
- Black Dog Institute blackdoginstitute.org.au
- World Health Organisation www.who.int
- Culturally and Linguistically Diverse Services www.calds.com.au
- **Mental Health Resources** from the UC Medical & Counselling Centre website.





The University of Canberra is committed to a
SAFE and **RESPECTFUL ENVIRONMENT** for **ALL**

For private and confidential medical and psychological support around sexual assault, abuse, violence of any kind, and any experiences of vulnerability or disrespect contact the UC Medical and Counselling Centre, phone 62012351.

This article provides important information about what constitutes **SEXUAL ASSAULT, CONSENT, and INFORMED CONSENT**.

The following information is taken directly from the **National 1800 RESPECT** website.

www.1800respect.org.au/violence-and-abuse/sexual-assault-and-violence/consent

Call **1800 737 732** for help.

Interpreter service: **13 14 50**



WHAT DOES IT MEAN TO CONSENT?

Giving your consent means to freely agree to sex or sexual activity.

If you consent to sex, it means you want to have sex at that time with that person.

If you are forced to have sex, **you have not given your consent.**

Consent means more than just saying yes or not being forced. Consent must be informed.

'Informed consent' means there is nothing stopping you from giving consent or understanding what you are consenting to.

Informed consent cannot be given if:

- you are passed out or unconscious due to drugs, alcohol, or a violent assault;
- you are asleep;
- you are conscious, but the effects of alcohol and or drugs mean you are unable to say what you do or don't want;
- the other person tricks you into thinking they are someone else;
- the other person makes you feel too scared to say no.

Even if you are in a relationship with someone or married to them, they still need your consent to have sex or do sexual things with you.



CONSENT MATTERS: BOUNDARIES, RESPECT AND POSITIVE INTERVENTION

Consent Matters is an online course designed to educate UC students about good communication skills, clear boundaries and mutual respect in relationships as well as exploring ways you can support others to make a positive impact in the community. The course aims to provide an understanding of consent, recognise and identify situations where consent can't be given, as well as to recognise difficult situations and possible ways of stepping in to help if others need this.

There are three modules in the course:

1. Thinking about consent
2. Communication skills and relationships
3. Looking out for others.

ALL UC STUDENTS are expected to complete the Consent Matters course and quiz.

Every UC student is enrolled into the module on UCLEAR.N.



WHAT IS SEXUAL ASSAULT?

According to Reach Out, sexual assault is 'any kind of sexual activity that you were **forced**, **coerced** or **tricked** into doing when you didn't want to.'

It refers to a wide range of unwanted sexual behaviours, including:

- Forced, unwanted sex, sexual acts or touching
- **Child sexual abuse:** using power over a child or adolescent to involve them in sexual activity
- **Indecent assault:** touching, or threatening to touch, someone else's body sexually without their consent.

Sexual Assault is serious, and it is important to reach out if you have experienced it.

WHAT TO DO IF YOU HAVE BEEN SEXUALLY ASSAULTED (FROM HEALTH DIRECT)

- Find a place you feel safe (police station, friend, or family etc.)
- Talk to someone you trust about the assault. Do not feel ashamed or to blame. Sexual assault is never the fault or responsibility of the victim or survivor.
- If you speak to someone from an organisation or via a helpline, they'll give you support and advice. You don't have to give them your name if you would prefer not to.
- Try not to wash yourself or your clothes until you have decided whether to report the assault to the police. Clothing and skin can hold vital evidence that can help you during a police investigation. Keep any unwashed clothing you were wearing (when you were assaulted) in a paper bag.
- Seek medical help from a hospital, health clinic or rape-crisis centre. Staff will give you appropriate medical care and access to counselling services.

HOW TO REPORT SEXUAL ASSAULT (FROM HEALTH DIRECT/ACT POLICING)

- Only you can decide whether to report a sexual assault to the police or to a support service, such as a helpline. It can be done at any time (days, weeks, or months later).
- Be aware that if you report the crime immediately, the police have a better chance of collecting evidence.
- If you report an assault later, some physical evidence may be lost. Your clothes may be needed as evidence, so if you go to a police station, hospital, or rape-crisis centre, take other clothing to change into if you can.

YOU CAN REPORT A SEXUAL ASSAULT TO ACT POLICING

- **In person:** Visit any of our five police stations in the ACT. An officer will be able to assist you immediately to discuss the incident and your options going forward.
- **By telephone:** In an emergency, call Triple Zero (000), or for police assistance call 131 444. These calls are answered by ACT Policing's Operations who will arrange for police to meet with you.

If you feel unsafe on campus, Security can assist and provide services such as escorting you to and from your vehicle, bus stop, or student residence (especially during the evening). You can contact Security on **6201 2222**, email during office hours (security@canberra.edu.au), or by visiting **Building 5, Level A**.

SEXUAL ASSAULT SERVICES

- **UC Medical & Counselling Centre Psychologists** – book online through HotDoc or phone reception on (02) 6201 2351.
- **Canberra Rape Crisis Centre** – 02 6247 2525 <https://crcc.org.au/>
- **ACT Policing** – Non-immediate response 131 444
- **Forensic and Medical Sexual Assault Care (FAMSAC)** 02 5124 2185 <https://www.healthdirect.gov.au/australian-health-services/20052710/canberra-hospital-forensic-and-medical-sexual-assault-care-famsac/services/garran-2605-yamba>

REPORTING SERVICES

If you have experienced or witnessed a safety issue or concern, no matter how big or how small, please let us know

Report an Incident – University of Canberra

UC Medical & Counselling Centre – (02) 6201 2351

Student Wellbeing and Support – If you are facing a challenge, concern or obstacle, the Student Wellbeing team can support you. wellbeing@canberra.edu.au OR (02) 6206 8841

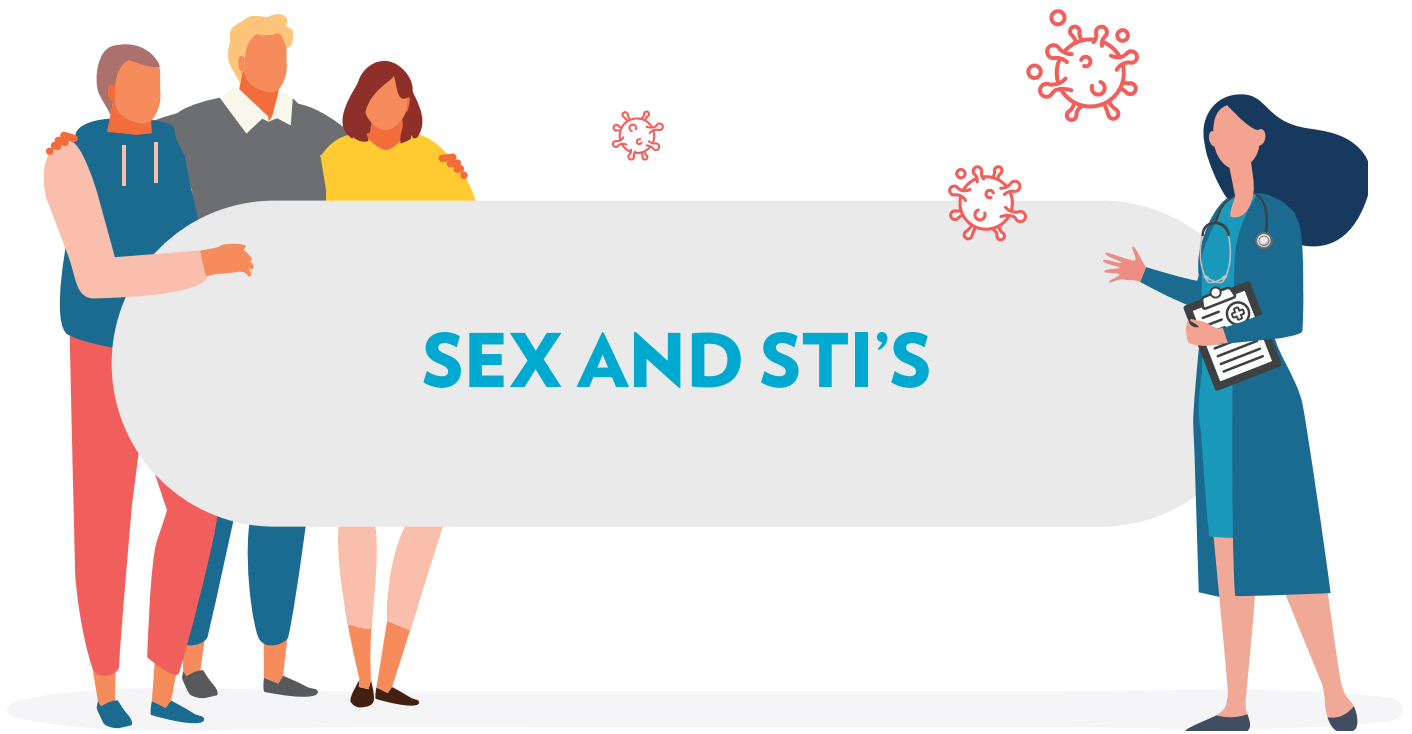
UC Crisis Line – For after-hours support, weekends, and public holidays 1300 271 790 or text: 0488 884 227

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If you have experienced a safety issue or concern please report it

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It is important, when engaging in sexual activities that you practice safe sex by wearing a condom. Wearing a condom can reduce the risk of contracting STI's or becoming pregnant.

Check out this YouTube video

- <https://www.youtube.com/watch?v=oRYnN33nlal>

The UC Medical and Counselling Centre provides a range of STI services, including free STI checks for UC students. Free condoms are also available next to the reception desk.

A guide to the more commonly encountered STI's encountered in Australia can be found at this link

- <https://www.shfpact.org.au/sexual-health-information-brochures/50-sexually-transmissible-infections>.

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SIGNS YOU MIGHT HAVE AN STI

- Sores or bumps on the genitals or rectal area
- Painful or burning urination
- Discharge from the penis
- Unusual or odorous vaginal discharge
- Unusual vaginal bleeding
- Pain during sex
- Lower abdominal pain especially if accompanied with unusual vaginal discharge.

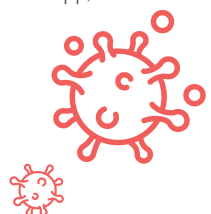
If you are concerned that you may have an STI, or just want to have a sexual check-up or talk about negotiating safe sex please make an appointment with the UC Medical & Counselling Centre.

Appointments to see the Doctors can be made via the HotDoc app, or over the phone by calling (02) 6201 2351.

ACON Here for Health has multiple resources for LGBTQIA+ persons who want to know more about how best to look after their sexual health. They also have informative LGBTQIA+ friendly resources on engaging in safe and consensual sex practices.

The following measures can be implemented into sexual activities to decrease the risk of STI's and other transmittable diseases: internal/ external condoms, dental dams, sterile gloves, lube, and getting tested for STI'S.

If you are concerned that you may have an STI, or just want to have a sexual check-up or talk about negotiating safe sex please make an appointment with the UC Medical & Counselling Centre. Appointments to see the Doctors can be made via the HotDoc app, or over the phone by calling (02) 6201 2351.





ALCOHOL AND OTHER DRUGS

As one of the most widely used and consumed drugs in Australia, people are drinking alcohol for a wide variety of reasons in many different social and cultural contexts. However, alcohol use can very easily lead to detrimental side effects, harming the people who drink and even those around them. Below are listed the more commonly mistaken assumptions and myths a lot of people have around alcohol usage.

MYTH 1

“

You really must admire a person who can hold his/her liquor OR Drinking isn't a problem as long as you can hold your liquor.

”

→ TRUTH

You are drinking large quantities of alcohol and no longer feeling your normal “buzz” you may have developed a tolerance to alcohol. Tolerance comes from chronic use of alcohol that results in physical and mental adaptation to its presence in the body. This is also a sign that the liver is being constantly exposed to alcohol and is working overtime to cope. It may also mean you have gone beyond being a social drinker and may be developing a more serious problem with alcohol.



MYTH 2

Alcohol can be used as a food supplement.

> TRUTH

Alcohol has no nutritional value. Not only is alcohol devoid of proteins, minerals, and vitamins, it inhibits the absorption and usage of vital nutrients such as thiamin (vitamin B1), vitamin B12, folic acid, and zinc. Alcohol use constricts metabolism and endurance. It does contain a significant number of calories, however. The body treats alcohol as fat, converting alcohol sugars into fatty acids.

MYTH 3

Alcohol is a stimulant drug.

> TRUTH

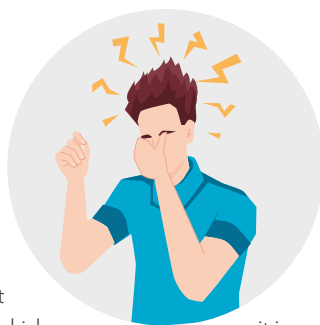
Alcohol is a central nervous system depressant; it sedates the central nervous system. One of the first areas of the brain to be affected is the cerebral cortex, which controls judgment, self-control, and inhibitions. The depression on this part of the brain may result in feeling euphoric and seem stimulating, but the cumulative effect of alcohol depresses the brain. The ability to make good judgments and decisions are depressed first, followed by loss of coordination and motor functioning (slurring and staggering). If taken in high enough doses, alcohol can depress the central nervous system so much that breathing, and heartbeat will slow down and eventually stop.

MYTH 4

You won't get a hangover if you don't switch drinks.

> TRUTH

Hangovers are caused by the amount of alcohol consumed and the rate at which it is consumed, not by the type of alcohol consumed. While metabolizing alcohol, the liver cannot perform its normal functions, one of which is keeping the blood sugar at a normal concentration. The results of this state called hypoglycaemia, or lower than normal blood sugar. This can cause headaches. A hangover is a withdrawal. When the central nervous system is released from the depressed state, the opposite state develops—feeling edgy and irritable. This effect is known as “rebound.”



MYTH 5

Beer and wine are safer than spirits.

> TRUTH

Alcohol is alcohol, it can cause you problems no matter how you consume it. All types of alcohol contain the same active ingredient. Beer and wine continue to lead alcohol supply in Australia contributing to 39% of all pure alcohol sales, followed by spirits and ready to drink (20%) and cider (3%).

MYTH 6

People with alcohol dependence drink everyday.

> TRUTH

Alcohol dependence comes in many forms: those who drink daily; those who drink on weekends; those who drink in binges which could occur weeks, months or even years apart. The measure of alcohol dependence is not when or how often one drinks, but whether one can control the drinking once it begins. Alcohol is most common drug for which people seek treatment or support for in the ACT (44% of all treatment) Although severe alcohol problems get the most public attention, even mild to moderate problems cause substantial damage to individuals, their families and the community.



MYTH 7

Black coffee or a shower will sober you up.

> TRUTH

Nothing sobers you up except time. Coffee contains caffeine, a stimulant which can make you feel more alert and awake. It doesn't help your body process alcohol faster. On average, it takes 2 to 3 hours for a single drink to leave the body. Regardless of how much food you eat or water you drink, our bodies only break down one standard drink of alcohol every hour, on average. Nothing can speed up the process, only time will rid the body of alcohol. There is no known way of speeding the metabolic process of eliminating alcohol from the body.



MYTH 8

It's OK to get drunk occasionally.

> TRUTH

Binge drinking is associated with serious health problems, including falls, accidents, assaults, risky behaviours, palpitations and other health conditions. It doesn't matter how infrequently you binge drink, every episode carries a risk. If you have over four standard drinks in a single sitting, you are risking your health.



MYTH 9

Alcohol is a great way to relax and reduce stress.

> TRUTH

Alcohol increases the level of stress that is placed on the body. Adrenaline levels increase in the body as we drink. We may feel more relaxed when we drink alcohol, but the body comes under additional stress.

MYTH 10

Alcohol is good for social anxiety.

> TRUTH

People report that they feel more comfortable and relaxed in social situations however those with diagnosed social anxiety have a higher incidence of alcohol related problems than the general population.



These include: falls, accidents, conflict with others, assaults, lower inhibitions (and events they regret afterwards) and risky behaviours.

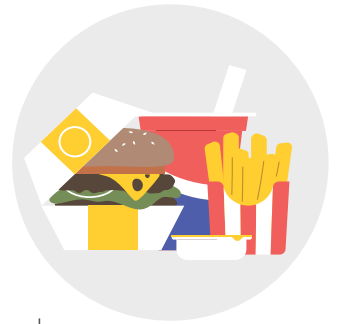
MYTH 11

Eating greasy food will stop a person from getting drunk or sick (vomiting)

> TRUTH

The stomach cannot be "coated" to prevent alcohol absorption. Fatty foods will merely slow down the rate of the stomach emptying into the small intestine, where absorption of alcohol occurs at a much faster rate.

Individuals ARE encouraged to eat foods rich in carbohydrates and proteins before consuming alcohol to protect the stomach lining and reduce heartburn. This will not stop vomiting associated with excess alcohol.



MYTH 12

Young people drink more than older people and everyone drinks alcohol.

> TRUTH

The results of the University of Canberra FARE survey found that 25% of first year students do not drink alcohol. Alcohol use is decreasing in Australia particularly amongst young people. Older Australians are continuing to drink more hazardously. The proportion of 14-17 years old's who had never had a drink (2017) increased to 66% (compared to 28% in 2001).

MYTHS AND FACTS

Directions Health Services have provided support to those impacted by alcohol, drugs and other addictions for more than forty years. They are a specialist drug treatment service funded primarily by ACT Health and the Australian Government Department of Health. See below for some more common myths and assumptions people often make towards the use of certain types of drugs and stimulants.

MYTH 1

Vaping is not addictive

FACT

There is now evidence that shows vaping can become an addiction and users can become dependent. This is especially true when nicotine is in the vaping liquid.

MYTH 2

Vapes only produce water vapour

FACT

Vaping produces an aerosol that contains many harmful chemicals. These chemicals are linked to negative health effects such as lung damage.

MYTH 3

Occasional smoking isn't harmful

FACT

There is no safe limit when it comes to smoking cigarettes or other tobacco products. Every time you smoke you are doing damage to your body. This damage can put you at a higher risk for heart attacks and strokes.

MYTH 4

Smoking is relaxing and can help you deal with stress

FACT

Smoking does not help you relax. It raises your blood pressure and heart rate. The feeling of "relaxation" is because you have satisfied a nicotine craving.

MYTH 5

Marijuana is natural, therefore not harmful

FACT

Many studies show marijuana use can have lasting effects on the developing teen brain especially when used at a young age. Lots of things are natural but they are still poisonous.

MYTH 6

No one has ever died on hallucinogens

FACT

Hallucinogens cause intense disorientation, confusion and hallucinations (seeing or hearing things that aren't really there), which can increase the risk of injury or accidental death. People who are having a 'bad trip' can sometimes become aggressive towards themselves or other people.

MYTH 7

Because it's a prescription medication, I won't become addicted

FACT

Prescription opioids are just as addictive as heroin. You can become dependent in as few as five days. About 80 percent of people who use heroin first misused prescription opioids.

MYTH 8

Steroids build muscle without working out

FACT

One of the biggest problems in today's society is that people are always looking for the quick fix. This is not the case with steroid use and still requires intense, hard training. If you aren't satisfied with yourself and want to make a change, the only way is to work at it in order to maintain a healthy lifestyle.



HELPFUL RESOURCES

Directions Health Services have provided support to those impacted by alcohol, drugs, and other addictions for more than forty years. They are a specialist drug treatment service funded primarily by ACT Health and the Australian Government Department of Health.

The Australian Capital Territory (ACT) eASSIST provides a questionnaire which screens for all levels of problem or risky substance use. The ACT eASSIST provides an evidence based structured and consistent way for health, community and other workers to:

- identify if someone is experiencing alcohol, tobacco or other drug problems,
- determine the level of risk of their use, and what to do next,
- provide a 10-step brief intervention & information,
- provide a feedback report card for clients regarding the risks associated with their drug use,
- identify an appropriate referral point for treatment and support.

The University Drug and Alcohol Network (UDAN) works in conjunction with the Alcohol, Tobacco, and other Drug Association (ATODA) ACT to address alcohol and other drug use amongst university students in the ACT.

OTHER RESOURCE

- **The UC Medical and Counselling Centre** (book online or call reception on 6201 2351). www.canberra.edu.au/on-campus/health-and-support/medical-counselling
- **Althea Wellness Centre** provides specialist psychologist, GP and nursing care support for those impacted by alcohol and/or drugs. Call the Woden office on (02) 6132 4800. directionshealth.com/
- **Arcadia House** is located at Calvary Hospital and offers rehabilitation services including a 7-to-14-day non-medicated withdrawal program, a 12-week day program, a 12-week Resident Rehabilitation program consisting of 8 weeks residential and 4 weeks day program. Call reception on (02) 6129 5900. directionshealth.com/arcadia-house/
- **SMART Recovery** is a self-help group focusing on Cognitive Behavioural Therapy (CBT). The group currently meets online. For group times see: directionshealth.com/programs-services/#support
- **ADAPT** (Alcohol Drug Awareness and harm Prevention Training) is for people wanting to make a change in their substance use. There are 3 weekly group sessions online on a Friday from 10.30am-12pm. directionshealth.com/wp-content/uploads/2021/12/Online-support-groups-Dec-2021.pdf
- **Alcoholics Anonymous** (AA) is a support group for those wanting to quit drinking www.aacanberra.org/
- **Al-Anon** helps family and friends who are recovering from living with someone who had or has a drinking problem www.aacanberra.org/.

EMERGENCY CONTACT INFORMATION

- *Ambulance (Life threatening emergencies only), Fire, Police Phone: **000**
- University of Canberra Crisis Line (after hours)
Phone: **1300 271 79** Text: **0488 884 227**
- Poisons Information Centre Phone: **131 126**
- CALMS - Canberra After-hours Locum Medical Service Phone: **1300 422 567**
- National Home Doctor Service Phone: **13SICK**
- Lifeline (Counselling service) Phone: **13 11 14**
- After-hours GP Helpline - (Healthdirect Australia)
Phone: **1800 022 222**
- Access Mental Health Phone: **1800 629 354**
- Campus security Phone: **6201 2222**
- Rape Crisis (Phone support between 7am and 11pm)
Phone: **6247 2525**
- Text: **0488 586 518**
- Domestic Violence Crisis Service Phone: **6280 0900**
- SAMSSA (Support for men that have experienced sexual assault or past abuse) Phone: **6247 2525**

*Ambulances are for emergencies & are covered by your OSHC/ Medicare when called for urgent medical problems.



UC MEDICAL AND COUNSELLING CENTRE GROUPS, COURSES, AND CLINICS

THE WEEKLY PSYCH SESSION

w/ Michelle

Weekly group session with a Psychologist on building the skills and tools to manage a range of challenges – such as goal setting, connecting with others, managing stress, and overcoming procrastination.

Wednesdays, 1.30pm – 2.30pm, Grouproom,
& Fridays, 11am – 12pm, online via Zoom
Register via events.humanitix.com/host/ucmcc

INTERNATIONAL STUDENT MEET UP GROUP

w/ Vicki

Meet other international students and share experiences and tips with moving to Australia; discuss the challenges and difficulties of being away from home, and all the new and exciting experiences they've had.

Thursdays, 12.30pm – 1.30pm, Grouproom.
Register via events.humanitix.com/host/ucmcc

ACT FOR ANXIETY

w/ Jessica and Xuelian

A free six-week group program informed by Acceptance and Commitment Therapy (ACT), an evidence-based approach relevant to a range of issues, including anxiety.

Mondays, 7 Aug – 11 Sept, 11pm – 1pm, Grouproom.
Referral from GP/Psych to go onto waitlist

MENTAL HEALTH FIRST AID TRAINING

MHFA training helps mobilise and empower adults by equipping them with the knowledge and confidence to recognise, understand and respond to another adult experiencing a mental health problem, and assist until appropriate professional help is received, using a practical, evidence-based action plan.

Email beniah.colbourn@canberra.edu.au for information.
Register via events.humanitix.com/host/ucmcc

BYSTANDER TRAINING

A free 2-hour workshop on bystander intervention in the university setting. This training helps to identify safe and effective strategies in common bystander situations, including discrimination, sexual assault, harassment, intimate partner violence, mental health issues, and harmful use of drugs and alcohol.

Contact UC Medical and Counselling Centre for information

CITIZEN CENTRED JUSTICE CLINIC

MHFA training helps mobilise and empower adults by equipping them with the knowledge and confidence to recognise, understand and respond to another adult experiencing a mental health problem, and assist until appropriate professional help is received, using a practical, evidence-based action plan.

Fridays, 9am – 5.30pm, CCJ Room.
Appointments essential via UC Medical and Counselling Centre



Scan to register for The Weekly Psych Session, International Student Group,
and Mental Health First Aid Training

EMERGENCY CONTACT NUMBERS TO KEEP HANDY

DOMESTIC STUDENTS:

Emergency Ambulances services (treatment & transport) are not covered by Medicare. This means an emergency ambulance trip can cost hundreds or thousands of dollars if you don't have ambulance insurance or private health insurance with Ambulance cover. If you are an ACT resident, treatment and transport costs start at \$1032.

Although there are circumstances where an Ambulance fee may be waived it is recommended that you consider taking out ambulance cover as a minimum. All the major private health funds offer Ambulance cover with policies starting at less than \$4.00 per month (that is less than \$48.00 for a year).

INTERNATIONAL STUDENTS:

Standard OSHC policies cover transport by an ambulance when medically necessary for admission to hospital or for emergency treatment. We suggest that you contact your OSHC provider to make sure that you have ambulance cover as part of your insurance.

AFTERHOURS EMERGENCY CARE – MEDICAL & MENTAL HEALTH

- **1300 422 567 CALMS**
(Canberra After Hours Locum Medical Service - Medical Care)
- **(02) 6126 5306**
National Home Doctor Service (Medical Care)
- **13 11 14 Lifeline**
(24-hour telephone counselling service - Mental health Support)
- **1800 629 354**
Mental Health Crisis Assessment and Service
- **1800 022 222**
Health Direct (24-hour health advice)
- **1300 271 790 | 0488 884 227**
UC Crisis Line (Mental health Support)

