

# WELLBEING TEAM

The Wellbeing Team offers professional and confidential services to support student **physical, mental, social** and **emotional health and wellbeing**.



UniSQ

## COUNSELLING SUPPORT

**Counsellors** and a **Mental Health Nurse** assist students with mental health and wellbeing challenges impacting their studies such as:

- psychological conditions
- stress
- motivation
- coping with distressing situations or crises

## WELLBEING SUPPORT

**Student Advisors (Wellbeing)** assist students with practical support and guidance such as:

- financial support
- accommodation
- legal referrals

## ACCESSIBILITY AND DISABILITY SUPPORT

**Accessibility Support Officers** assist students with a medical condition or disability that may impact their study.

## MULTI-FAITH SUPPORT

**Chaplains** support the university community in the practice of their faith and respect the unique way in which each individual expresses their faith.

## CREATE SAFER COMMUNITIES

Specialist support for experiences of concerning behaviour such as:

- sexual harassment
- assault
- bullying
- discrimination
- domestic violence

### Report Unwanted Behaviour

If you have experienced concerning or unwanted behaviour you can report this.

**Visit:** [www.unisq.edu.au/share-a-concern](http://www.unisq.edu.au/share-a-concern)

### Download the Safezone App

The Safezone App is a free app that connects you with campus security for emergency support.

**Visit:** [safezoneapp.com](http://safezoneapp.com)

### Visit UniSQ Wellbeing

[www.unisq.edu.au/wellbeing](http://www.unisq.edu.au/wellbeing)



### Visit UniSQ Safer Communities

[www.unisq.edu.au/safer-communities](http://www.unisq.edu.au/safer-communities)

**Contact the Wellbeing Team for **FREE** wellbeing support.**

**Phone:** 4631 2372 **Email:** [supportforlearning@unisq.edu.au](mailto:supportforlearning@unisq.edu.au)

**Service Hours:** Monday to Friday, 8:00am - 4:00pm

## CAMPUS LOCATIONS:

**Toowoomba**  
G Block

**Springfield**  
Building B Level 1 Atrium

**Ipswich**  
Building E