

HEALTH SERVICES

The contact details of some local medical services are noted in the 'Address Listings' section of your Student Diary. Further information is available from the staff in the Administration Office.

General Health

The Victorian government operates the website betterhealth.vic.gov.au, which provides quality-assured health and medical information, including fact sheets on a large range of conditions from A to Z, healthy recipes, and where to find help.

Mental Health and Wellbeing

Academy students can access confidential personal counseling, funded or subsidised by the Academy, from LifeWorks. For further information contact the Student Support Manager (derrick.shaw@academyofdesign.edu.au) or the Admission/Enquiries Office.

The following resources may also be helpful:

Lifeline Counselling: 13 11 14 (cost of a local call, 24 hours)

Suicide Helpline Victoria: 1300 651 251

Depression

[BeyondBlue](#): the national depression initiative A website providing thorough information about depression: types, causes and treatment. It also offers self-help programs, tip sheets and a chat room.

[BluePages](#): A website that provides self-assessment options on depression, information on treatment options and self-help tools such as a downloadable relaxation program.

[MoodGYM](#): A self-help site with activities to promote helpful thinking for people with depression.

Substance Use and Abuse

[Australian Drug Foundation](#): a useful source of information on legal and illegal drugs.

[Australian Drug Information Network](#): provides fact sheets on drugs, legal information and online publications.

Grief and Loss

[The Australian Centre for Grief and Bereavement](#): an independent, not-for-profit organisation that is the largest provider of grief and bereavement education in Australia.

Relationship Breakdown

The Family Relationships Advice Line: 1800 050 321 - a national telephone service established to assist people affected by relationship or separation issues. It can also refer callers to local services that can provide further assistance.

[Family Relationships Online](#): an Australian Government initiative.

[Relationships Australia](#): a community-based, not-for-profit organisation with no religious affiliations.

Eating Disorders

[Eating Disorders Foundation of Victoria](#): the primary source of support, information, community education and advocacy for people with eating disorders and their families in Victoria.

Anger Management

[Anger Management Institute of Australia](#): a fee-based specialist service providing anger management courses across Australia via Skype.