

# BLUE WEEK

## A PRACTICAL GUIDE FOR THE INTERNATIONAL STUDENTS OF MELBOURNE MEDICAL SCHOOL



*We've all heard the stats, almost 1 in 5 medical students have been diagnosed with depression. Being both an international and a medical student can be a bit of a double whammy as living away from home could mean being less supported, having to manage cultural differences, having fewer personal resources and possibly loneliness. As you might already experienced, all that on top of keeping up with Med school can be pretty stressful sometimes. As such, we thought we could offer you a guidebook which contains a summary of the services available to you and hopefully this could come in handy someday ☺*

HELP!

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serious?

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## How to help a friend

Helping a friend in need can be daunting if you're not sure exactly what to say. Click here for the low-down on things you can say and do, as well as how to start the conversation if someone you know is struggling.

[Find out more](#)



WHERE TO FIND HELP



HOW TO HELP A FRIEND



KEEPING YOUR GRASS GREENER



STUDENT STORIES



ONLINE RESOURCES



PROMOTE THE CAMPAIGN

# HELP!

## AMSA mental health

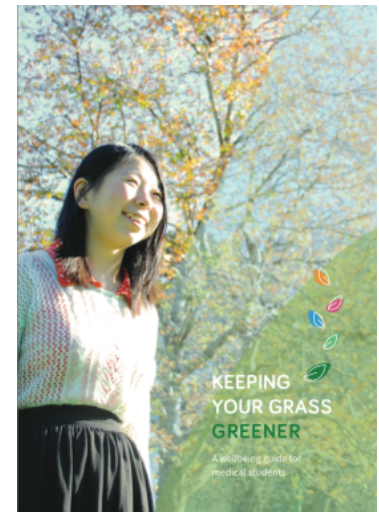
<http://mentalhealth.amsa.org.au/>

This website contains lots of excellent resources that aim to help all medical students.

- “Keeping your grass greener” (Good read)
- “How to help a friend” offers practical suggestions if you are concerned about a friend around you
- “Online resources” could be your first port of call if you want an overview of resources relevant to medical students

## Melbourne Medical School

The Academic Mentor Program is a confidential support service provided by the Melbourne Medical School for individual students. The Academic Mentor is an experienced GP and educator who sees students in a room in the MDHS Student Centre and is happy to see any student who wants to discuss anything the student is concerned about; examples include: personal crises, study problems, relationship difficulties, career advice, physical or psychological illness. Students' enrolment numbers are used to preserve confidentiality; the mentor's notes are totally separate from the student's university record.



**Dr Christine Fairbank**  
(Medical Education Unit,  
Melbourne Medical School)

To make an appointment:  
SMS to: 0403 568 874 Email:

[academic-mentor@unimelb.edu.au](mailto:academic-mentor@unimelb.edu.au)

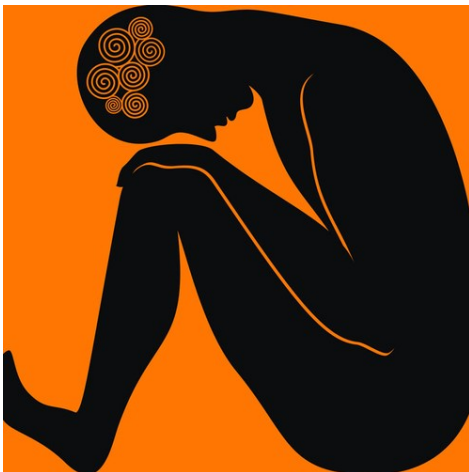
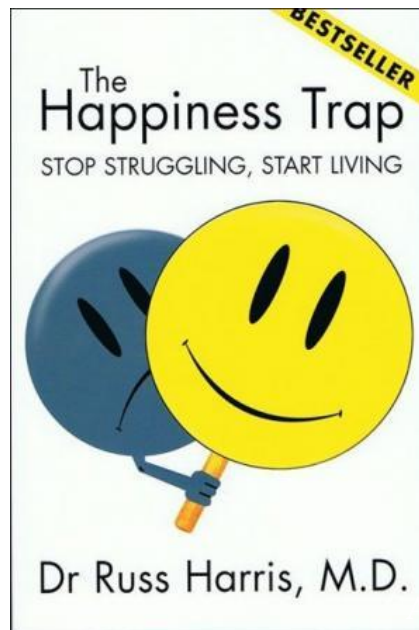
Website:

<http://medicine.unimelb.edu.au/students/support/academic-mentor>

## Do you know?

### Overseas Student Health Cover (OSHC)

- Fully covers for sessions with GPs and psychiatrists
- Partially covers for up to 10 sessions/year with psychologists



## Looking for something less serious?

### The Happiness Trap

Recommended by many GPs. This book challenges the way we typically think about things and attitude that may contribute to depression/ anxiety

### The Struggle of Mental Health

[http://www.ted.com/playlists/175/the\\_struggle\\_of\\_mental\\_health#](http://www.ted.com/playlists/175/the_struggle_of_mental_health#)

Depression, schizophrenia, suicidal feelings—too often, these experiences stay private. These speakers who've struggled with mental illness boldly share their stories, in hopes that others don't feel so alone.

### Why 30 is not the new 20

[http://www.ted.com/talks/meg\\_jay\\_why\\_30\\_is\\_not\\_the\\_new\\_20?language=en](http://www.ted.com/talks/meg_jay_why_30_is_not_the_new_20?language=en)

Contrary to commonly spoken "identity crisis" psychologist Meg Jay speaks about building an "identity capital" in this TED talk

### Headpace

Want to get started on incorporating mindfulness into your hectic med school schedule? Try Headspace! It allows personalisation and even has a buddy system that allows you to rope a friend along.

## AMA

<https://ama.com.au/doctorshealth>

- “Doctors’ health advisory services” contains list of services available in the Australian states and territories to provide advice to doctors and medical students facing difficulties.

- Also check out “Resources on doctors’ health”

## Victorian Doctors Health Program

(03) 9495 6011  
[www.vdph.org.au](http://www.vdph.org.au)

Services:

- Advice and information
- Finding a GP
- Assessment & referral
- Case management, aftercare and monitoring program (CAMP)
- Caduceus group – weekly support group for doctors & medical student with substance abuse problems.

## University of Melbourne

<http://sc.mdhs.unimelb.edu.au/advice-and-support>

This is the main page where you can find an extensive amount of resources provided by the University. We have however handpicked a few of them that might be more relevant to you as an international student (see below).



### List of services provided by Melbourne University

#### • Academic Skills Unit

- Email: [academic-skills@unimelb.edu.au](mailto:academic-skills@unimelb.edu.au)
- Phone: 13 MELB (13 6352)
- Website: <http://services.unimelb.edu.au/academicskills>
- The Academic Skills Unit website contains a wealth of tips on study techniques, preparation for exams, academic writing and presentation skills, including those specifically tailored to graduate students: [http://services.unimelb.edu.au/academicskills/grads/top\\_resources](http://services.unimelb.edu.au/academicskills/grads/top_resources)

#### • Student Counselling Service:

- Level 2, 138 Cardigan St, Carlton
- Contact details: <http://services.unimelb.edu.au/counsel/about/contact>
- Office hours: 9am – 5pm, Monday to Friday
- Website: <http://services.unimelb.edu.au/counsel>
- **Mental health emergencies:** For any emergencies requiring the intervention of a mental health professional on the Parkville campus: <http://services.unimelb.edu.au/counsel/emergencies>
- **Individual counselling:** Free individual counselling service is available by appointment (although there may be a long waiting list) or walk-in (limited places available): <http://services.unimelb.edu.au/counsel/individual>

- **While you are waiting for an appointment:** In the meantime, check out these insightful self-help strategies on managing stress, relationship problems and building inner strength:  
[http://services.unimelb.edu.au/counsel/individual/while\\_you\\_are\\_waiting\\_for\\_your\\_appointment](http://services.unimelb.edu.au/counsel/individual/while_you_are_waiting_for_your_appointment)
- **Referring people to counselling:** You may know someone who you think may need referral. Check this out to see what you can do for them or if you are unsure whether they need external help:  
<http://services.unimelb.edu.au/counsel/individual/referring>
- **Feedback on individual counselling:** If you are unsure of whether the counselling service is right for you, you might like to check out what past clients have said:  
<http://services.unimelb.edu.au/counsel/individual/feedback>
- **Financial Aid:**
  - Baldwin Spencer Building
  - Phone: 13 MELB (13 6352)
  - Email: [finaid-info@unimelb.edu.au](mailto:finaid-info@unimelb.edu.au)
  - Office hours: 8.45am – 5pm, Monday to Friday
  - Website: <http://services.unimelb.edu.au/finaid>
  - **Financial assistance:** Financial assistance that can be provided by the University to graduate students, including grants and bursaries, student loans, transitional share-house accommodation, university scholarships and Centrelink payments:  
<http://services.unimelb.edu.au/finaid/directory/graduate>
  - **Loans:** Short term loans of up to \$1,000 for a maximum of six months and long term loans of up to \$5,000 may be borrowed: <http://services.unimelb.edu.au/finaid/loans>
  - **US financial aid:** Available to US citizens from the US Department of Education:  
[http://futurestudents.unimelb.edu.au/info/international/north-america/us\\_financial\\_aid](http://futurestudents.unimelb.edu.au/info/international/north-america/us_financial_aid)
  - **Canadian financial aid:** Available to Canadian citizens from the Canadian government:  
[http://futurestudents.unimelb.edu.au/info/international/north-america/canadian\\_financial\\_aid](http://futurestudents.unimelb.edu.au/info/international/north-america/canadian_financial_aid)
- **Student Housing:**
  - Baldwin Spencer Building  
Corner of Tin Alley & Union Road
  - Phone: 13 MELB (13 6352)
  - Email: [housing-info@unimelb.edu.au](mailto:housing-info@unimelb.edu.au)
  - Office hours: 8:45am – 5pm, Monday to Friday
  - Website: <http://services.unimelb.edu.au/housing>
  - **Housing Online Noticeboard:** A search engine for accommodations available near University campuses: <https://housing.unimelb.edu.au>
  - **Tenancy advice:** Useful advice on common tenancy topics, including on how to start a tenancy, your tenancy rights, legal pitfalls, repairs, share house disputes, moving out and bond return:

- **Housing appointments:** You can book an appointment with Student Housing Advisors at the Parkville campus to discuss your accommodation options and/or problems with your landlord / housemates, etc. (Students who are not based in Parkville can seek help via Skype, landline or mobile): <http://services.unimelb.edu.au/housing/appointments>
- **Emergency accommodation:** Your options when you are experiencing a housing crisis: <http://services.unimelb.edu.au/housing/emergency-accommodation>
- **Student Health Service:**
  - 138 – 146 Cardigan St, Carlton
  - Phone: 8344 6904
  - Opening hours: 8:45am – 5pm, Monday to Friday
  - **Making an appointment:** All you need to know about making an appointment, including what to bring on the day, fees, <http://services.unimelb.edu.au/health/about/appointment>
  - **International student insurance & medication:** Information on OSHC Worldcare and locations of some pharmacies in Carlton: <http://services.unimelb.edu.au/health/international/insurance>
  - **Travel health advice:** <http://services.unimelb.edu.au/health/travel>

Need help & support  
for **anxiety  
disorder?**

<https://www.adavic.org.au/>

Show yourself some  
**self-  
compassion**  
today!

<http://psychcentral.com/blog/archives/2012/06/27/5-strategies-for-self-compassion/>

Be kept in the loop on  
news about the  
**international  
student  
community!**

<http://www.meldmagazine.com.au/2011/12/international-students-mental-health-services/>

Brought to you by UMMSS international subcommittee  
<https://www.facebook.com/groups/121719368017549/>

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